

WHAT ARE YOU
REACTING TO?

When you notice a strong reaction, pause and check in.
What am I reacting to? It could be the situation, a person, or something within myself.



SITUATION

Am I reacting to what is happening?

e.g. an event, change, noise, delay



PERSON

Am I reacting to someone else?

e.g. what they said or did, their behaviour, expectations



SELF

Am I reacting to something within myself?

e.g. my thoughts, feelings, self-criticism, past experiences