

# Reactions

# Module





# REACTION

*Things don't happen to you, for you or against you.  
Things just happen.  
It's how you choose to react to those things  
that determines how your life will unfold.*

Reactions are happening every second of every day. In every moment we have a choice about how we react to what's going on around us. All reactions affect our reality. Some in a positive way, some in a negative way.

So if your reactions affect your reality, it makes sense that if you want to change your reality, you must start by changing your reactions. Doing so gives you more control over how your life unfolds no matter what comes your way. You can literally create your reality by thoughtfully choosing your reactions.

**Check it out...**

If

$$R = R$$

(Reactions = Reality)

then

$$CR = CR$$

(Crappy Reactions = Crappy Reality)

therefore

$$PR = PR$$

(Positive Reactions = Positive Reality)



It's mathematically sound.  
Brilliant.

## **Exercise – CR=CR**

Briefly describe a recent event in which your Crappy Reaction gave you a Crappy Reality.

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Read the text all the way through.

(In steps 3 & 4 direct the participants to the Flip/Find/Freak chart on the following page for reference. Tell them these are their strategies and their corresponding questions.)

## To turn a potential CR=CR into a PR=PR, here's what you do...

1. **Observe & Resist** your knee-JERK reaction.

That's right. Just observe it. Pause. Notice how you want to react. Then **resist** going there. You've got better plans for your life.

2. **Say** "Oh, shift!" Really, say it. This won't work if you don't say it.

Hence the title of the book.

3. **Choose** ONE strategy from the Flip/Find/Freak Chart on the following page to reframe your crappy situation. Depending on your mood, the scene, or how much thinking you want to do, choose the one that feels best. For example, choose to *flip your focus* or *find the root*.

One is all you need.

4. **Ask** yourself the corresponding question from the chart. Start with the one provided or get crazy and think of your own. Either way, it has to be a good question. Powerful. Thought-provoking. Definitely shift-worthy.

5. **Answer** the question. Do not take this one lightly. This is where the shift takes place.

6. Feel the shift. Love the **result**.

For example:

**CRAPPY SITUATION:** Your English teacher assigns an essay one week before semester finals.

**OBSERVE AND RESIST the knee-JERK reaction** to stress out and worry about how you're going to get it all done in such a short amount of time.

**SAY:** "Oh, shift!"

**CHOOSE:** *f*LIP your belief/opinion

**ASK:** What belief or opinion would serve me better?

**ANSWER:** If I do this now I can stop stressing about it.


**RESULT:** You make a mad dash to the computer lab and knock out a great essay.

This, dear friends, is the power behind  
the *f* in shift.



Your *f*LIP *f*IND *f*REAK strategies:

<i>f</i> LIP	<i>f</i> LIP the focus	What is abundant here?
	<i>f</i> LIP your belief/opinion	What belief or opinion would serve me better?
	<i>f</i> LIP your feelings	How do I deserve to feel?
	<i>f</i> LIP your expectations	What good can come from this?
<i>f</i> IND	<i>f</i> IND the message	How does this fit into the bigger picture?
	<i>f</i> IND a reason	Why did this <i>need</i> to happen?
	<i>f</i> IND the benefit	How could this actually benefit me?
	<i>f</i> IND something nice to say	Whom or what can I compliment or say something nice to?
	<i>f</i> IND something to be grateful for	What about this situation can I be grateful for?
	<i>f</i> IND the root	What is actually upsetting me?
	<i>f</i> IND the truth	What information am I lacking?
<i>f</i> REAK	Imitate MLK, Gandhi or any other great one.	What would He/She do?
	Laugh at the irony of the situation.	What is ironically funny here?
	Take deep abdominal breaths and count to 12	What will I let go of?
	Think of someone worse off than you.	Who would love to switch places with me?
	Say, "Oh well, big deal, so what, who cares." in order, three times fast.	How much of my energy and emotion does this situation really deserve?

 **Exercise – Shift them**

Look at the following scenarios and suggest how the protagonist might Flip, Find, or Freak.

Suggest a *f*LIP *f*IND *f*REAK strategy, a question AND an answer for each.

Steven sprained his ankle one day before basketball tryouts. His knee-JERK reaction was to complain and feel sorry for himself.

STRATEGY: \_\_\_\_\_ QUESTION: \_\_\_\_\_

ANSWER: \_\_\_\_\_


Kelly’s mom told her she had to babysit her little sister on Friday night. Her knee-JERK reaction was to get really mad because she won’t get to go to the football game.

STRATEGY: \_\_\_\_\_ QUESTION: \_\_\_\_\_

ANSWER: \_\_\_\_\_





 **Exercise – Apply the shift**

Use the crappy situation you described earlier and complete the following.

**CRAPPY SITUATION:**

**OBSERVE AND RESIST my  
knee-JERK reaction to:**

**SAY:**

*“Oh, shift!”*

**CHOOSE AN  
F/F/F STRATEGY:**

**ASK:**

**ANSWER:**

**RESULT:**

 **Exercise – Commit to shift**

What ONE thing will you do to take more control of your reactions?

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