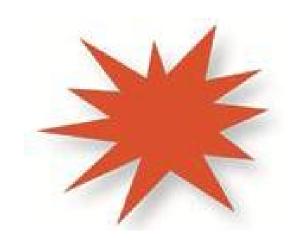
Reactions Module



REACTIONS INTRODUCTION

We will talk about how reactions are a vital ingredient to taking control of our reality. This is definitely one of the biggest concepts presented in Oh, shift! for Teens and one that can change your life pretty darn quickly! Let's start with the Oh, shift! for Teens quote at the top of the page.

***** PAGE 1 (8-12 MINUTES)

Read quote in brackets and facilitate a brief discussion using the following prompt:

What comes to mind when you hear this?

Continue by reading the text following the quote and go over the R=R equation so participants can make the connection between Reactions and Reality.

You might give an example of your own Crappy Reaction and how it resulted in a Crappy Reality.

EXERCISE- CR=CR

Read the instructions and give participants TWO MINUTES to complete the exercise. Then either have a few people share aloud, or put them in pairs to share with their partners. The idea here is to have them recognize that EVERYONE has crappy reactions. They are all normal.

NOTE: Be sure everyone completes this as they will need to refer back to it later in this module.

So although it is very normal to have these crappy reactions, you still wind up with crappy realities. So what can you do when you come face to face with a crappy situation? I'm so glad you asked.....

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 <u>create</u> 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 🗕 C

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

***** PAGE 2 (4-6 MINUTES)

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. Thoughtprovoking. 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: fLIP 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.

••••••• PAGE 3 (10-12 MINUTES)

Take a look at the Flip/Find/Freak strategies and the possible questions for each one. These are so helpful when you want to create a shift in your reaction.

The FLIP options are when you need something really quick. Not too much thought is required. The FIND options take a bit more thought, so use these when you have more time and patience. And the FREAK options are great for when you are so reactionary that you're about to bust a vein. Kind of like your 911 catch-alls.

Tell a personal story about how you or someone you know Flip, Find or Freaked lately or use this one:

Yesterday I was in a rush driving to an appointment when I found myself behind a super slow driver. I couldn't believe it! He was going 20mph in a 35mph speed zone. I was so frustrated because I find slow drivers super annoying!

So I observed and resisted my knee-JERK reaction to beep my horn and wave my hands at him like a crazy person.

And then I said "Oh, shift!"

I decided to Find the Root and I asked myself "What is actually upsetting me?"

I thought about it for a second and realized that I was actually quite nervous about the appointment I was heading to, and even had a bit of dread around it. It helped me realize that it wasn't the guy that was making me mad...he was just minding his own business and I hated on him. I was able to shift out of that anger state and have more compassion for him. That felt much better!

EXERCISE - Shift them

Read the instructions and either have individuals or partners work on their own before debriefing OR openly facilitate the group to find some possible answers.

Emphasize the importance of asking the question AND answering it in order to create a shift.

(Note: this is a good time to give out the Flip/Find/Freak pocket cards if you have them.)

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

	fLIP the focus	What is abundant here?	
find	fLIP your belief/opinion	What belief or opinion would serve me better?	
	fLIP your feelings	How do I deserve to feel?	
	fLIP your expectations	What good can come from this?	
	fIND the message	How does this fit into the bigger picture?	
	fIND a reason	Why did this <i>need</i> to happen?	
	fIND the benefit	How could this actually benefit me?	
	fIND something nice to say	Whom or what can I compliment or say	
		something nice to?	
	fIND something	What about this situation can I be grateful for?	
	to be grateful for	vinat about this situation can rive graterarior.	
	f IND the root	What is actually upsetting me?	
	f IND the truth	What information am I lacking?	
	f IND the opportunity	What can I turn this into?	
freak	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	How much of my energy and emotion does this	
	cares." in order, three times fast.	situation really deserve?	

Exercise - Shift them

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

Suggest a fLIP fIND fREAK 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 t really mad because she won't g	babysit her little sister on Friday night. Her knee-JERK reaction was to get to go to the football game.
STRATEGY:	QUESTION:
ANSWER:	

***** PAGE 4 (23-30 MINUTES)

EXERCISE – Apply the shift

Now it's your turn. You're going to rewind the tape to change a crappy reaction into a positive reaction. Refer to the crappy reaction you thought of earlier and use the Flip/Find/Freak strategies to make it a positive reaction and therefore a positive result.

Complete the chart with your new and improved reaction and result.

Give them TWO - THREE MINUTES to complete the exercise then ask for some volunteers to share.

**Coach participants as time permits and when the need arises.

EXERCISE – Commit to shift

Give participants ONE MINUTE to write down one simple step toward taking control of their reactions.

Debrief, affirm and coach as necessary.

CONCLUSION:

Conclude with a brief summary and congratulate participants on taking a big step toward changing their reality. As time permits, ask participants:

- What is your biggest take-away from today?
- How has this session changed the way you think about your reactions?

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:
"Oh, shift!
SAY: On, 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?