

Your Reactive Behavior

1. When are you most likely to respond reactively?
2. Describe a recent situation in which you were reactive.
3. What did you say, do, think, or feel?.
4. Where do your reactive tendencies come from?.

YOU ARE BEING REACTIVE WHEN YOU:

- Get angry and say things you regret.
- Don't take accountability for your actions.
- Whine and complain.
- Blame other people and things.
- Act like a victim.

YOU ARE BEING PROACTIVE WHEN YOU:

- Remain calm.
- Take responsibility.
- Think before acting.
- Focus on solutions.
- Take initiative to make things happen.

Use Proactive Language

REACTIVE LANGUAGE

- “I can’t.”
- “It’s not my fault.”
- “I have to.”
- “We have no other choice.”
- “They won’t let me.”
- “There’s nothing we can do.”

PROACTIVE LANGUAGE

- “I can.”
- “I’m sorry.”
- “I choose to.”
- “Let’s look at all of our options.”
- “I will get this done.”
- “There must be something we can do.”

