

TogetheriCan

5

December

REACTION VS RESPONSE

Reaction - action in response to a stimulus; action in response to some influence or event—MWM (Michael W. McCright) (trigger)

MWM (Michael W. McCright) - typically happens **instantaneously**, unconsciously, **seemingly automatic**, without conscious thought.

Response - an answer or reply, as in words or in some action; any behavior of a living organism that results from an external or internal stimulus.

MWM (Michael W. McCright) - **A delayed action**, typically after evaluation and consideration of the facts; using conscious thought before acting.

A reaction and a response are very, very similar in their definitions.

A reaction *can be extremely beneficial* when extreme measures occur. Stepping off of a curb, hearing the sound of a bus, and jumping back is a good thing. Many times reactions come from healthy habits we have developed. They empower us and keep us from danger.

However, when we react (over react) to light stimuli as if it were an emergency, **it can be detrimental**. These are typically reactions to unhealthy habits we have developed. They rob us of power and many times put us in precarious situations with others.

I know individuals that label discomfort and every annoyance or discomfort "pain". It takes conscious thought to differentiate between something that is uncomfortable and what may be called real pain (an ouch and up).

A response, on the other hand, implies that we have **looked at or evaluated the situation and are responding in an appropriate, reasonable manner**.

Many times we "hear" things in an accusatory manner rather than in the tone they were meant to be spoken in.

We have "**unconscious memories**" of every trauma that has ever occurred in our lives. Attached to those "unconscious memories" are **triggers**, which will bring them back to life. **Often, we are not even conscious of those triggers** when they occur.

It is only when we **look at results** in hindsight that we can determine whether we responded or we reacted. If we determine through an assessment that we had a reaction and it was inappropriate, we now have a basis—somewhere to start the change— if we so desire.

We have all read the books or heard the messages on "**How To**". Even though we know intellectually what we should do, we find it hard to do. This is because our **unconscious thinking (habit) is holding us** where we feel the most comfortable. Change brings up fear of the unknown, of what's going to happen now—and the mind would prefer to deal with what is, rather than something unknown—even if that unknown would be very beneficial to us.

It is said that the unconscious mind does not reason, that only the conscious mind has that capability. If this is true, then the unconscious mind will continuously repeat the old lessons / instructions it has been given. **Of course, the conscious mind can overrule the unconscious mind.**

This is proven by the fact that we can control whether we blink or not. We can control our respiration, taking a deep or shallow breath when we consciously think about it. It has been proven that we even have control over our heart rate. This implies that we can consciously control whether we react to a situation or take the time to respond.

At "Together i Can," our free health coaching considers the physical, mental, and spiritual aspects of the situation. Together (with balance in these three elements), i can.

We are here to help: TogetheriCan.com provides more extensive information.

Call us at (619) 722-0264 or email us at: michael@togetherican.com

Together (by Responding) i Can

At "together i Can," we are always looking for "Solutions" rather than Band-Aid fixes (masking symptoms)!

We are here to help you **"Perfect the art of prevention!"**

We coach you on how to **"Practice simple disciplines over slight errors in judgment!"**

Time is always on your side, if you choose to use it wisely!

You have this **"Moment"** in which to act! *The Past has expired, the Future is in the distance*, do it now and **create the future you desire**.

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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