

Shape Shifting from Chaos to Tranquility

# React to Respond

“Between stimulus and response there is a space.  
In that space is our power to choose our response.  
In our response lies our growth and freedom”.

Viktor Frankl

## Respond

Respond with

And experience

Openness	-----	Expansion
Kindness	-----	Connection
Sensitivity	-----	Collaboration
Generosity	-----	Freedom
Creativity	-----	Hope

## React

React with

And experience

Judgement	-----	Seperation
Criticism	-----	Contraction
Blame	-----	Disconnection
Attack	-----	Anger
Immobility	-----	Fear

Here it is . . . . how to stop Re-Acting

When you feel triggered, stop to breathe, here within lies the space between stimulus and Re-Acting. This space is where choice of response lives.

Practice this pause, again and again . . . . remain anchored to your peaceful center.

Choose to respond, expand and connect rather than react, contract and correct.

By choosing Response-Ability you will experience peak performance and higher productivity, greater peace of mind and more harmonious relationships.

