

Transforming Habitual Reactivity into Self-Connection



<p><i>Emotional Reaction</i></p> <ul style="list-style-type: none"> - Disengagement / denial. - Anger / frustration. - Self-criticism. - Shaming / blaming. 	<p><i>Present Moment Awareness</i></p> <ul style="list-style-type: none"> - "Where are my feet?" - Return my attention to the direct experience of the present moment.
<p><i>Judgment</i></p> <ul style="list-style-type: none"> - I judge and label my perceptions and associated stories. - Good / Bad - Right / Wrong - Like / Dislike 	<p><i>Do I have a value judgment?</i></p> <ul style="list-style-type: none"> - "He is such a jerk." - "I am so stupid." - These judgments, based on the story, produce an emotional reaction.
<p><i>Story</i></p> <ul style="list-style-type: none"> - I make sense out of what I perceive by telling a story about it. - These stories are based on my habit patterns and personal experiences. - My stories are quite likely repetitive and similar. 	<p><i>What am I telling myself?</i></p> <ul style="list-style-type: none"> - "He did this on purpose just to make me mad." - "I can never do anything right." - This is what I'm telling myself, based on my experience and habit patterns. - I react to these stories and their associated judgments habitually and emotionally. - I can differentiate my stories from my experience by reminding myself, "I'm telling myself..."
<p><i>Perception</i></p> <ul style="list-style-type: none"> - I only see / hear / smell / taste / touch part of what happens. 	<p><i>What did I observe?</i></p> <ul style="list-style-type: none"> - What would a camera record, free from the filter of story and judgment?
<p><i>"Reality"</i></p> <ul style="list-style-type: none"> - Stuff happens. - Situations arise, I interact with others. 	<p><i>What's alive in the moment</i></p> <ul style="list-style-type: none"> - Feelings - Needs <p style="text-align: right;">Self-connection</p>

LADDER OF REACTIVITY

LADDER OF SELF-CONNECTION