

WELCOME TO MODULE 3

Dealing with Reactions . . .

There is no way that I could make a love and affection program without talking about the reactions we can feel towards another as well as the reactions that others can feel towards us. Having a true understanding of reactions will take your relationship to a whole other level. Do you know the difference between a reaction and a response? Most people know they are having a reaction when the reaction is large but are we aware of all our more subtle reactions? Are we aware when another person is in reaction or do we doubt ourselves and take the reaction to heart? In my experience we do not pay enough attention to the quality of energy that something is brought to us in. In other words we put all the focus on what was said or done and not how or why it was said or done. To get a true understanding of reactions we need to look at what we are actually left with after a reaction, as opposed to what we think reactions give us. There is a broader harm that reactions instil within our relationships and it is important to take a fresh look at how they are playing out in your life. In this module we will learn how to identify reactions more clearly, not only within yourself but others too. Knowing how to deal with reactions is a game changer as it is one of the most essential elements of developing a respectful and loving relationship; providing fertile ground for affection to freely flow.



THE HARM OF OUR *Reactions*

REACTIONS HARM IN ALL DIRECTIONS!

Reactions not only harm the person they are directed towards they harm even more the person who is expressing them. Every movement, word, thought or intention carries an energetic imprint. The more sensitive you are the more you are aware of the energy that every interaction carries. Understanding this is key to undoing harmful reactions within your relationship. When you give energy to something - whether you are thinking about it, talking about it or using your body language, you are magnifying the quality of energy that is behind it. When we react there is an outward expression that can be felt but the reality is that the same expression is magnified ten fold in our body.

“In a moment of anger you not only have the anger directed towards the person you also have anger magnified within your body.”



- * When we react we think that we are getting somewhere: we think that we need to react in order to get our point across. We think we won't be heard unless there's a sting.*
- * But the truth is if we truly want the situation to change we need to offer a reflection of wisdom that can be digested by the person that we are with.*

TYPES OF REACTION

Do you GO INTO ANY OF THE FOLLOWING...?

1. *Anger at yourself or someone else?*
2. *Emotional reaction, hurt, sadness or feeling upset?*
3. *Dismissive or cold?*
4. *Silent treatment?*
5. *Frustration, resentment or bitterness?*
6. *Rage, revenge, fury or jealousy?*
7. *Defensiveness, denying, burying?*
8. *Ignoring, withdrawal, disengaging?*
9. *Comparison or measuring against yourself or another?*
10. *Playing small, people pleasing, tiptoeing?*
11. *Competitiveness?*
12. *Gossiping, circulation energy, bitching?*

KNOWING YOUR FLAVOUR OF *Reactions*

Knowing the details of how you usually react and how this affects you and other people is an important start to truly dealing with reactions.

Question 1: Write down the four most common ways that you react (see previous page for examples).

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Question 2: Pick the most common way you react and write down how this affects your body. What physical changes, energetic sensations or emotions do you have? How do your thoughts change etc?

Question 3: How does this reaction affect those around you? How do they feel when they are in your presence and you are reacting in this way?

KNOWING YOUR FLAVOUR OF *Reactions*

Question 4: Pick another common reaction you experience and write down how this affects your body. What physical changes, energetic sensations or emotions do you have? How do your thoughts change etc?

Question 5: How does this reaction affect those around you? How do they feel when they are in your presence and you are reacting in this way?

WISDOM MOMENT:

WRITE DOWN SOMETHING THAT FEELS REALLY TRUE TO YOU IN RELATION TO REACTION.

BECOMING AWARE OF *Reactions*

When we react, what we say and what we share does not have the impact that it could. Reactions can be easily dismissed as being oversensitive, premenstrual, hot headed or even crazy. This serves no-one as the person reacting does not feel heard, has magnified tension in their body and they miss out on a discussion that could offer further insight or understanding. The person on the receiving end of the reaction feels assaulted and also loses an opportunity for possible growth and/or insight from having an open and honest discussion. If you are speaking or acting in reaction, you are reducing your authority or standing within a situation. As opposed to coming from a place of steadiness which engenders trust, openness and collaboration.

NOTE: Some people enjoy triggering others or causing people to react. When you react in these situations you are fueling the dynamic and giving the person the cheap thrill they want. Steady yourself and bring the issue to light with insight and wisdom and the dynamic will end.

Question 6: Write down a particular situation where you are triggered into reaction.

Question 7: Describe the reaction and how does it make you feel?

BECOMING AWARE OF REACTIONS

Question 8: Describe how this reaction makes others around you feel (even if they are not directly involved)?

Question 9: Underneath the reaction, what is the honesty you would like to share and/or bring to the situation? Hint: this is a sharing of how you feel with no blame or loading. e.g. (instead of reacting) “What I really wanted to share is that I feel dismissed when . . .

WHAT ARE Reactions?

Reactions are ultimately anything that take us away from our deep settlement. What is our deep settlement? This is our greatest or deepest sense of contentment. Contentment is our natural way of being, but most people have lost a true sense of what this feels like let alone a consistency and standard to live this in every moment. Understanding reactions is therefore something that goes hand in hand with understanding and experiencing contentment. The deeper you go with contentment, the more any sort of reaction stands out. This is an amazing thing and something we can learn from. To be able to know when ever something disturbs you from contentment is super powerful. What has been described here is our ability to observe our reactions. That is very different to becoming our reactions.

“Understanding your reactions and learning from them is very different from becoming your reactions. When you learn from your reactions you observe the aspect of you that is reacting, from a place of steadiness and centredness. When you react, it is only ever a small aspect of you that is reacting . . . when compared to the whole magnificent being you are. When we become our reactions, we stand on them as if they were a platform of truth instead of seeing them as simply an indication that we have been triggered by something unresolved within us.”



THE *Purpose* OF REACTIONS

Can there really be a purpose to reactions? ? ?

When people start becoming aware of their reactions and the harm they do to themselves and others they often try to stop themselves reacting in a moment . . . or pretend to themselves that they are not reacting. The truth is, if you are reacting, you can't stop the reaction (that horse has bolted) but you can reflect on it and be honest about it. The truth is why would you want to stop yourself reacting anyway, your reactions can bring to your attention many things that you weren't consciously aware of. They can alert you to areas you need to be more honest in and they can also give you a nudge to bring greater standards to situations. When you know how to work with them, reactions can become a very powerful ally.

Sooo let's break it down.

Reactions are a part of life but it's what we do with the reactions that is important. If we are aware of a reaction it can give us insight into what triggers us and what hurts are unresolved within us. A reaction can also alert us to a personal standard or relationship standard that is yet to be claimed. Whenever we feel a reaction we are given a moment to observe it and reflect on it. The more that we exercise this moment the easier it becomes to reflect and observe during the times we have been triggered.

One of the most powerful sayings that relates to reactions is this short yet profound saying from Serge Benhayon:

‘Observe not absorb.’

This saying is simple yet powerful as it speaks to us from the awareness that we always have two choices. The first choice that we are always presented with (even if it is only a millisecond and we are not consciously aware of it), is the ability to observe and clearly read a situation from our own inner connection and centredness. When we don't steady ourselves in the face of our trigger we lose ourselves within the reaction and what is inevitable is that we start to absorb the often toxic or disharmonious energy of the situation. ‘Observe not absorb.’

THE MOMENTUM OF REACTIONS

Reactions can in many ways develop a mind of their own. During the 2019 -2020 Australian bush-fires (covering a land mass about the size of England) I learnt how large fires start to generate their own weather patterns. When our reactions are big enough, they too can start to feed back into themselves and you end up developing your own reaction ecosystem. You may have had the experience where you feel out of control with a reaction or maybe you have seen someone else out of control with the reaction. When this happens you lose your steadiness and your sense of self and completely immerse yourself in the reaction. In other words you have become the reaction and the only logic you can see or think is the logic of that reaction. You lose your connection to the depth of yourself that offers perspective, sees things for what they are and has the ability to not take things personally.

HOW TO DEAL WITH REACTIONS YOU ARE FEELING

The only way to truly deal with reactions that you feel is through honesty. As soon as you are honest i.e. recognise the part that you have played in the set up of the situation or recognise what there is there for you to learn, the reaction dissipates. It is the absolute honesty that gives you a shift in perspective and the ability to observe and reflect on what you were feeling and why you were feeling it rather than the reaction consuming you.

NOTE: There are many ways that we internally react through giving up, trying less, disengaging or caring less. These are in many ways more sneaky and can be tricky to honestly deal with. The feeling of being withdrawn and disengaged is very different to the feeling of being able to hold true perspective and connection during a difficult situation.

WISDOM MOMENT:

WHAT ARE SOME CURRENT MOMENTUMS THAT YOU CAN FEEL YOU ARE IN WITH YOUR REACTIONS?

Honesty & UNDERSTANDING YOUR REACTIONS

HONESTY AND CHECKING IN

Before you can start to get really honest about your reactions you need to have a baseline, a marker for how you feel when you are centred, settled and aware. “Checking in” with yourself, is a way to start to establish regular touch points with how you are feeling. Otherwise if we just left it up to the chatter within our head (our mind), we would possibly go around in circles for years before landing on anything honest. Yes, our mind by itself is never honest. Our mind is the end result of linear thought processing the energy we are living.

If we are living with past trauma, our mind plays that story over and over again, feeding off the unresolved issues we have and also continuing to magnify them. If we give our power away to others’ expectations or societal ideals or cultural beliefs, then our mind is going to reflect in thoughts everything we are energetically subjected to. If we are living connected to our depth of being and feeling settled in who we are and what we stand for, then our thoughts will be of a quality that reflects our essence. In other words, if we are living true to ourselves at a deep level, our thoughts will be soulful as opposed to our thoughts being negative, undermining or dis-ordered. When we are not deep down prepared to see and feel all (absolute honesty) we tell ourselves the story of what we want to be true rather than the deeper honesty of what is actually going on. Without some sort of ‘check measure’ you have no real way of ensuring the thoughts came from a place of honesty within yourself. That is where a connection to your body comes in. Our body doesn’t lie. When we listen carefully, our body is always telling us the honest consequences of our actions, thoughts, choices and experiences.



“ The more you “check in” with yourself and whether you truly feel settled or not settled with, the more you start to understand what is really going on for yourself and others. ”

Honesty & THE GENTLE BREATH MEDITATION

I can't emphasise enough the importance of knowing what you truly feel when it comes to dealing with reactions. Wouldn't it be amazing to live life having much more insight and awareness? Yes, I hear you say. Having more insight and awareness is kinda like being ahead of the game. You can see things playing out before they do and because you are sensing more subtle shifts in how a situation makes you feel you can address things long before they become a two-headed-dragon. This is the ability to truly read a situation rather than react to a situation. You can ask yourself, did I read or did I react? This is a true foundation for steadiness and deeper settlement within yourself.

The Gentle Breath Meditation is a technique developed by Serge Benhayon to support someone to "come back to themselves" and feel centred and sensitive to what they actually feel. We tend to run away from what we truly feel and spend much of our time distracting, escaping or numbing what we feel. Many meditations actually support us to disassociate, or disconnect from what is truly going on (have you ever heard of someone saying go to your happy place?). Although this might give short term relief from the tension of life, it doesn't support us long term. That is why I only recommend meditation where the intention and science behind its development is to support someone to "check in" and not "check out". Below are four tips for checking in, taken from my free 2 day reboot program. I recommend signing up for it if you don't already have access.

4 TIPS FOR CHECKING IN

A. Taking the edge off life - checking out

We don't always want to truly feel what is going on for us in life. As much as we hate to admit it, a lot of the time we can prefer the ignorant bliss over the uncomfortable truth. Everyone has ways that they use to take the edge off life. That may be alcohol, food, over exercising, business, social engagements, relationships or work. The truth is, anything we do to numb or hide from what we feel is a check out will always reduce our connection to ourselves.

B. Create a Stop!

The first step in any true type of change or reboot, is to create a stop moment. It is rare that I find someone who genuinely gives themselves enough opportunity to truly stop and reflect. Most people in fact live in what we call momentums...the push, drive, pull or force that you can't seem to stop.

C. No Judgment

When you check in you are not trying to change or control anything that you feel. You are just observing without judgment how you feel in your body. Change that is true and sustainable comes from honest reflection not judgment. Honesty is a beautifully leveling and humbling vibration; it is the willingness to feel and take responsibility for your part in any situation. There is not one ounce of harshness in honesty.

D. Enjoy life - keep it simple

It is more than OK to enjoy yourself. In fact the more you start to check in rather than checking out . . . the more you naturally enjoy yourself. We don't have to make it, finish it, get somewhere, be something, do something or have something before we can enjoy ourselves. True enjoyment is in connection with yourself and from there the simple things in life are magic.

CHECKING IN & Reflections

During this week take a moment each day to do the gentle breath meditation audio within the 2-Day Body and Mind Reboot or the Meditation Essentials course. Reflect on areas in life that you feel triggered and the more subtle reactions you may have felt leading up to a larger reaction. What we are undoing here is the propensity to override what you feel until you lose yourself in the hurt or reaction of a situation.

Reflection 1: Write down a situation where you feel triggered into reaction. What are the more subtle reactions/ feelings or knowings that you dismiss leading up to this situation?

Reflection 2: What wisdom can you bring to yourself about the situation? i.e. what advice would you give to someone else? *HINT: if this is difficult then ask yourself after doing the Gentle Breath Meditation. If it is still difficult, find someone who you consider wise and ask them what wisdom they have.*

Reflection 3: What changes can you make to support checking in, being honest about what triggers you and not overriding what you are feeling?

SETTING A STANDARD OF NOT REACTING

You could say that no true good can come to a relationship through reactions. The caveat to this is that reactions do serve a purpose to let us know that we have been triggered. Beyond this, reactions do not hold clarity nor do they hold love, understanding or greater truth. If we are wanting to truly heal and grow a relationship, then we will not look to be right but instead we will look to what is most healing. When we hold our reactions as right and true, people shut down and they are less open and responsive to what we are sharing. There is the difference between standing on our reactions as a platform of truth (and digging our heels into them) and sharing openly and honestly the observation of what you are feeling. This quality of communication doesn't come laced with the blame . . . it is a sharing. Our responsibility within relationships is to not only share what is going on for us but to share it in a way that others can understand and a way that doesn't leave anyone feeling less, battered or blamed.

Personal Standard

The only place to start with setting a standard about reactions is to set a personal standard. Please don't skip this stage because it is vital. It is important that you detail the exact qualities that make up the standard that you would like to have with reactions. For me I wanted to be able to learn from my reactions and have understanding for all involved before addressing anything. I wanted to be able to share openly so another could explore their part without lacing the communication with blame. Through this I started to feel more empowered, more settled in sharing what I felt and more receptive to what others had to share. I wanted to be able to hold my standard no matter what another person was doing.

Write down the qualities and details that make up the standard you would like to have with reactions.

SETTING A RELATIONSHIP STANDARD ABOUT REACTING

Setting a relationship standard around reacting sets a foundation for all other aspects of the relationship. It is one of the most important standards to set when it comes to building an evolving (willing to learn) relationship. What it allows is for each person to feel free and safe to discuss any topic without fear of being attacked, shut out or diminished. This encourages more openness, richer conversations and the ability to work through issues in a way that is at the very least respectful.

Where to start the communication?

When first starting to set a relationship standard about reacting it is absolutely important that you have become at least somewhat consistent with setting a personal standard about reacting. There does not need to be any perfection with this as it is really powerful to make mistakes and be honest about them. It says volumes when you have a moment where you bring reaction into the relationship but you are able to pull yourself up by being honest, genuinely apologising and recommitting to the standard you want to bring. In fact the communicating of a reaction standard starts when you first start to live your own personal standard. The best time to introduce this standard to your partner is when you share with them what you want to bring to your own standards and how this would change how you are with yourself and also within the relationship. You can also ask if they can support you with this and to share with you when they feel you are reacting from a trigger rather than sharing what you feel and see from a more connected place. You may find that your partner naturally offers this up as something they would also like to do. If your partner doesn't join you in your enthusiasm to bring this new standard that is fine as the most important initial part is to live it yourself. As you start to live this standard yourself you will find that you will start to see and feel the world differently, from a place of awareness and sensitivity with other people's triggers and reactions. Through this observational stage you will start to be able to understand where your partner is at with his / or her own reactions. In what ways does your partner react? Why does your partner react? How do you feel when they react? Let's explore these questions in detail.



STAGES OF REACTION AWARENESS

Are you or your partner aware of how or why you react? There are 4 stages of reaction awareness.

1. Not aware of any reaction and not open to looking at a possible reaction

It can be common for someone to say that they are not reacting (even though their tone and demeanor are obviously displaying signs of reaction). There can often be an investment in having to be right and also a level of insecurity that makes them feel unable to look at themselves/ourselves with honest review.

2. Not aware of any reaction but willing to look at a possible reaction

Genuinely happy to do work on themselves/ourselves but sometimes lacking the awareness of what we/they go into.

3. Aware of reactions but justified in reactions and not willing to change reactions

Stuck in the cycle of pointing the finger and blaming. This is often based on fairness or equalness, not wanting to be the bigger person until the other person is also being the equal bigger person.

4. Aware of reactions and willing to look at and address most / all reactions that come up

Open and ready to deal with anything that life (or another person) may throw your way. There is enough self-worth and feeling of being settled with who you deep down are that you can look at the uncomfortable moments or weaknesses without losing your sense of buoyancy.

5 STEPS TO DEALING WITH OTHER PEOPLE'S REACTIONS

1. Become aware of how other people's reactions truly make you feel

2. Claim that you deserve to be treated better

3. Determine whether the person is intentionally meaning to hurt you (if someone wants to hurt you this may not be a viable relationship)

4. Understand the underlying intention

5. Share openly how their reaction makes you feel and how it disrupts other aspects of your / their life that you both hold important.

HOW TO WORK WITH OTHERS AND THEIR STAGE OF REACTION AWARENESS

Below are some examples of how you can deal with others at each stage of reaction awareness.

If someone is . . .

1. Not aware of any reaction and not open to looking at a possible reaction

→ Lead by example and the quality of your energy.

NOTES:

2. Not aware of any reaction but willing to look at a possible reaction

→ Lead by example and the quality of your energy. Share what you are learning about your own reactions. Gently bring awareness to reactions in the moment and encourage your partner to register how it feels for them.

NOTES:

3. Aware of reactions but justified in reactions and not willing to change reactions

→ Lead by example and the quality of your energy. Share what you are learning about your own reactions. Gently share how you feel when your partner reacts. Share how you would like to understand what they are feeling / saying but find it difficult when there is reaction.

NOTES:

4. Aware of reactions and willing to look at and address most / all reactions that come up

→ Lead by example and the quality of your energy. Share what you are learning about your own reactions. Gently share how you feel when your partner reacts. Share how you would like to understand what they are feeling / saying but find it difficult when there is reaction. Explore being more open and honest with your partner about all topics. Explore more of the 'why' in understanding reactions and look at what triggers occur in the lead up.

NOTES:

HOW TO DEAL WITH REACTIONS COMING TO YOU

One of the most difficult things in life is dealing with reactions from others. There are the direct reactions like yelling, physical force or cutting words but there are also the more passive forms of reaction that can harm even more. Have you ever been given 'the silent treatment'? This can be absolute torture and can harm just as much if not more than some cutting words. Have you ever felt that someone was holding something against you and you could feel the tension energetically but they were not being honest about it and instead were bringing a false politeness? Urrgghhh!

It is important that you get to know how you really feel in these situations. Part of this is being okay with being sensitive, being okay with the fact that these situations can deep down hurt and you actually want to be treated differently. Getting in touch with how others' reactions really make you feel is very powerful and an important part of facilitating change within dynamics.

Once you are aware of how other people's reactions truly make you feel and you have claimed that you deserve to be treated better, you can start to openly share how you are feeling. The best way to do this is to come from an understanding of whether the person is intentionally meaning to hurt you or whether they are not coping with something themselves. Understanding the underlying intention will support you immensely to not take it personally but address the situation with tenderness, love and care.

Write down how you feel when someone is reacting towards you (e.g. yelling, silent treatment, withdrawal etc).

In what ways do you react to those around you?

Without judgement, why do you react?

SUPPORTING OUR PARTNER

In what ways does your partner react (or friend / family member)?

Without judgement, why does your partner react?

SUPPORTING A FRIEND / FAMILY MEMBER

In what ways does your friend / family member react?

Without judgement, why does your friend/family member react?

REACTIONS VS THE RESPONSIBILITY OF SHARING WHAT YOU TRULY FEEL

We can put so much pressure on ourselves or others to be “right” in their actions, words or decisions without realising the enormous benefit that comes from being authentic to what we are feeling. Even if we know that what we are feeling is irrational or coming from an unresolved hurt . . . it is still valid within the process of a relationship. It can be enormously healing to be authentic with what you are feeling and committing to work through this with others to get to a shared truth. So many times I have seen people discount what they feel because it didn’t fit into the picture of how they thought they should feel. This is a huge loss because underneath your reactions, hurt or niggling feelings is always a deeper learning or sense of what is true.

WHERE TO NEXT?

Write down your next steps with looking at and understanding your relationship with reactions.

MODULE 3 - CHECKLIST

- Watch Module 3 Video
- Complete Module 3 in the workbook
- Listen to Module 3 Audio
- Explore the Free 2-Day Reboot program or Meditation Essentials Course
- Listen to the Gentle Breath Meditation® audio shared in the Free 2-Day Reboot program