



Respond Instead of Reacting – Day 19

Breathe-Release-Respond

1) Think of an instance when you reacted to a situation instead of responding.

2) How did that work out for you? _____

3) What additional issues surfaced because you were quick to charge the fire instead of breathing and evaluating first? _____

4) Say this phrase three times: *This too shall pass*

5) Turn the thought around. This is a process I learned from Byron Katie.

Ask yourself these four questions;

- a) Is this thought true?
- b) Is it absolutely, 100% true?
- c) How do I feel when I believe this thought to be true?
- d) How would I feel if I didn't believe that thought to be true?

To download a worksheet from Byron Katie or learn more about her work go to;

<https://bit.ly/2LefGM2>