**Week 4 Homework - Reconnecting**

1. When you were confronted with difficult situations did you “Respond” or “React”. What did you do well when confronting this situation? What could you change the next time a situation like this presents itself? Use lines below to discuss or a separate piece of paper.

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1. Make a list of where you feel you can find support and what you feel you would likely utilize the most. List obstacles you might encounter to obtain social support and ideas on how to overcome these obstacles. May use additional sheets of paper if needed.

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1. Log NES events with the NES tracker, remembering to completely fill out each section on the chart associated with the NES event
2. Continue utilizing one of the “Mindfulness” exercises we have practiced on a daily basis if you can. **Practice leads to Improvement!!**

**How to Learn to Respond**

*The main thing to learn is mindfulness and* ***the pause****.*

*Mindfulness means watching when something happens that might normally upset us or trigger some kind of emotional reaction, paying close attention to our reactions.*

*Then* ***pause****. We don’t have to act immediately, just because we have an internal reaction. We can pause, not act and just breathe. We can watch this urge to act or over-react arise, then we can let it go away. Sometimes that takes a few seconds, other times it means we should remove ourselves politely from the situation and cool down before we respond.*

*Pause….Watch the reaction go away.*

*Now consider what the most intelligent, compassionate response might be. What can we do that will help our relationship, teach, build a better team or partnership, make the situation better, calm everyone down, including ourselves?*

*At first, you might mess up. But in time, you’ll learn to watch this reaction, and you’ll get better at the pause. Don’t fret if you mess up — just resolve to be more mindful when it happens next time. Take note of what happened to trigger your reaction, and pay attention when something like that happens again.*

*Be mindful, pause, then consider a thoughtful, compassionate response.*

**Do you react? Or do you respond? (some examples)**

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| --- | --- |
| **REACTING** | **RESPONDING** |
| There are too many things on my schedule, i’m going to bed. | I’m going to prioritize things on this schedule and ask for help with things I can’t do |
| I can’t believe he/she just said that to me, I must be stupid. | I wonder why he/she is upset, maybe they had a bad day, i’m going to ask questions to check |
| Bills are mounting up, I can’t gain control over my problems, life sucks! | What can I do **today** to find **some** solutions, things in my life are challenging! |