

PHASE 2

MOVING FROM REACTIVE TO PROACTIVE

Vhat is your pr	eferred respon	nse?			
	·				
it is a negative	e response, wh	nat are you goi	ing to do ab	out it?	

Please become aware of your Emotions/Feelings as you may not be having your needs met. The quicker you notice an emotion is triggered, the quicker you can discover where has this come from, what has caused it and if it is real or not