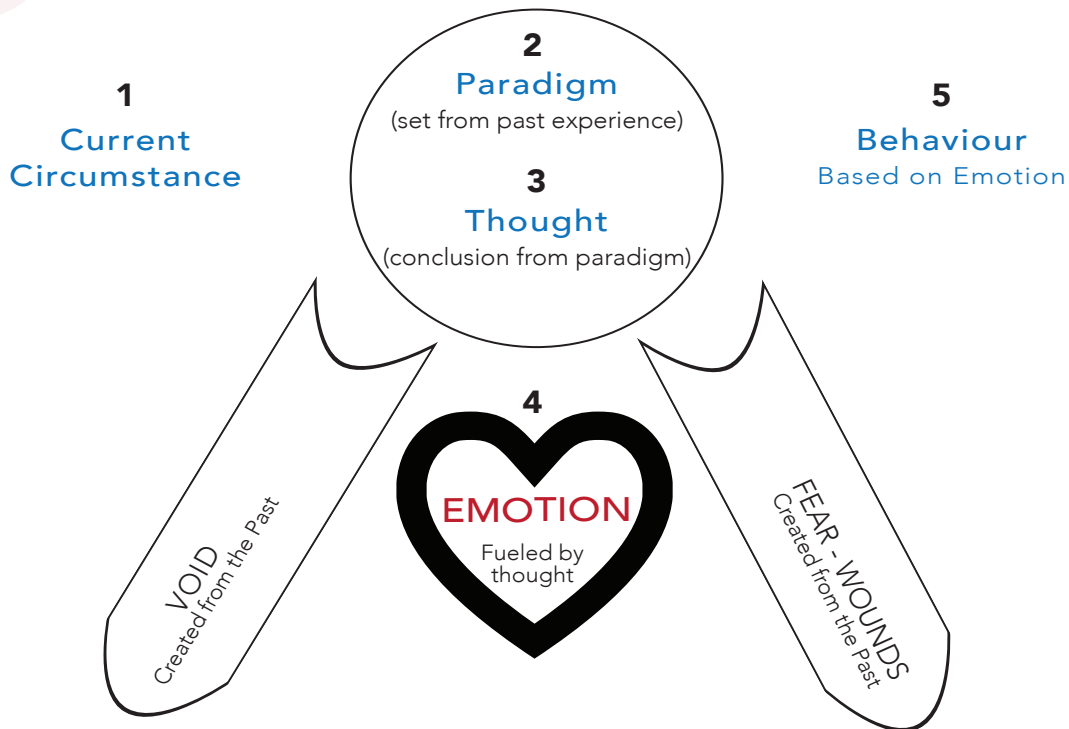




TAKING CONTROL OF THE FORCES ... Paradigms - Thoughts - Emotions



- 1 It is common to blame the situation for our behaviour.
- 2 The circumstance triggers a 'pre-set' paradigm (a pattern, standard or theory) that has developed as a result of learning and life experience.
- 3 The paradigm triggers a thought ... a conclusion made based on the paradigm, which influences a reaction, instead of a mindful response.
- 4 The thought triggers an emotion ... based on the conclusions and benchmarks created in our minds (values, beliefs, character). We feel happy, sad, joyful, wounded, angry, resentful, loving, excited, etc.
- 5 The emotion determines the behaviour for the current circumstance. The situation did not cause the behaviour ... the emotion did. Every feeling has a thought behind it.



STOP

RESPOND
NOT REACT

THINK

ASSESS THE PARADIGM

Do I need to think this way anymore?
Is the thought and emotion relevant to this situation?
Is it fair for the current circumstances and people involved?
Am I just digging up old wounds and beliefs?

RESPOND

Make a conscious decision regarding what you want, why it is important, what you want to feel and what you are going to do ... then do that!