



READY, SET,
ACTION!
ACTIVITY
[click here!](#)



**One must fight for a life
of action, not reaction.**

- RITA MAE BROWN

TURNING REACTION into action

Sometimes, we encounter a situation and respond quickly, without much thought because we're juggling many tasks and aren't completely focused on what's in front of us.

Our response is more like a soundbite: short, to the point, and with no extra fluff, so we can move on and put out the next fire. Other times, we may be led by emotion, especially when responding to something we're passionate about.

In both instances, we may not respond in a well-rounded or thought-out way. To others, the response may feel cold or reactive instead of thought out and reasonable. It's during these times that we walk away thinking, "I should have said..." or "I should have done..." or even "that really irked me!"

We've all had moments when we sit back and think: "I don't like how I left that conversation but there's nothing I can do about it now." But that's not actually the case. The good news is that, although that point in time has passed, you can still provide a logical and rational response.

Once you're no longer in the heat of the moment and don't have any other pressing issues at hand, you have time to hit pause, peel back the layers, think objectively and respond the way you wish you would have in the first place.

MOVING INTO ACTION

Follow these four steps to turn your reaction *into* action.

Even better, start off right by intentionally using these steps in your day-to-day encounters!

THE FACTS

Be objective and examine the facts and details that you observed. What was said? What did you see, hear, feel, touch, or even taste? This will help you methodically re-examine the experience.

MY REACTION

Reflect on your reaction. How did you feel? What was your emotional and physical reaction? What did you like or dislike? How did you respond?

THE MEANING

Using critical thinking skills, examine the facts and your reaction. What is the significance of the event? Why is this interaction important to you? What was *actually* said and what was the intention behind it all? Most importantly, what can you learn?

MY NEW ACTION

Learn, adjust, and move forward. What can I do? What should I do? What will I do? Now that you've had some time to process everything, this is your opportunity to go back to the person and share what you wish you would have said in the first place. We may not have a delete key but it's never too late to go back and make a few edits.



Community Connection Tip

The **Facilitation Training Workshops**, offered by the Government of Alberta's Community Development Unit, will help you hone your facilitation and group communication skills.



Self-Care Tip

Practice these **8 Ways to Get a Difficult Conversation Back on Track** to improve your productive conversation skills.

SOURCES

Stanfield, R. Brian. (2000). The Art of Focused Conversation: 100 Ways to Access Group Wisdom in the Workplace
McGill University. (Originally published: September 9, 2012). **Motivational interviewing techniques: Facilitating behaviour change in the general practice setting**