

Reaction Intention Card

In order to control your reaction in a given situation, it is important to understand the underlying cause of any frustration. To help better assess and manage these reactions, you can create a Reaction Intention Card to guide your potential emotional response. This card outlines the steps necessary to help gain control of emotions and reach a productive outcome when faced with difficult situations.

It includes sections like stopping and awareness, acknowledging feelings, accepting responsibility, and determining the intention behind the reaction. Taking these steps may involve initially distancing oneself from the situation or finding empowerment in stepping away for a moment to calm down before diving back in - both are critical components of the Reaction Intention Card process. By recognizing triggers and being clear with self-expectations, this tool can be used to make meaningful changes in how we react to certain circumstances.

Identify a few steps that will help you react productively, calmly, and confidently. For example, if the situation involves someone else being highly critical of your work, write out on your Reaction Intention Card that you will consciously remind yourself of all the work done and stay focused on finding solutions together.

Additionally, if there are strong emotions involved in your reaction plans, make sure they are redirected or used productively to support your intentions; let go of any feelings that do not serve this purpose. Besides having the Reaction Intention Card handy in moments where it's needed most, practice deep breathing exercises to help calm the mind so that your response will be thought through instead of impulsive. With consistent practice and reflection, you will be well on your way to controlling your response to a challenging situation.

Reaction Intention Card

Identify a few steps to help you react productively, calmly, and confidently when facing a challenging situation and complete the table during the situation:

1)

2)

3)

Awareness	Stop: What is the situation you are facing?	
Feelings	Acknowledge: How do you feel about the situation?	
Responsibility	Accept: What responsibility do you have in this situation? What do you own?	
Intention	Determine: What would be your ideal reaction in this situation?	