## REACT Exercise (Part 1): Assessing the Impact of our Story.

Directions: Use the prompts to assess how your story is impacting how you are showing up in a difficult situation right now.

R	E	Α	С	Т	
REALITY	EMOTIONS	ACTIONS & ATTITUD	CARE	THINK	
What's happening- What are the facts? What is the story you are telling yourself?	<ul> <li>I feel</li> <li>at ease</li> <li>connected</li> <li>courageous</li> <li>confident</li> <li>curious</li> <li>excited</li> <li>grateful, joyful</li> <li>loved, loving.</li> <li>positive</li> <li>proud</li> <li>remorseful</li> <li>supported</li> <li>OR</li> <li>angry</li> <li>indifferent</li> <li>overwhelmed</li> <li>stressed</li> <li>tired/bored</li> <li>irritated</li> <li>sad</li> <li>scared/ fearful.</li> <li>worried</li> <li>gscared/ fearful.</li> <li>worried</li> <li>disconnected</li> <li>uncertain</li> <li>powerless</li> <li>Other:</li> </ul>	<ul> <li>I am choosing to:</li> <li>be honest in my evaluation of my choices.</li> <li>lock in &amp; stay focused &amp; attentive.</li> <li>push through keep trying to find a solution.</li> <li>ask questions &amp; accept help when needed.</li> <li>collaborate with others.</li> <li>utilize available resources including tech.</li> <li>be available to help/ serve those in need.</li> <li>stay organized, be prepared &amp; on time.</li> <li>lean into my faith.</li> <li>balance challenges with eat/sleep/rest/fun.</li> <li>celebrate the success of others.</li> <li>seek to understand by engaging in constructive, respectful conversations.</li> <li>say I'm sorry &amp; ask for forgiveness.</li> <li>give helpful feedback.</li> <li>OR I am choosing to:</li> <li>lose focus or distract others.</li> <li>be disrespectful in words/tone/actions.</li> <li>not give my best effort.</li> <li>be unsupportive or unhelpful.</li> <li>not follow through on commitments.</li> <li>not listen or seek to understand.</li> <li>Be defensive and argumentative.</li> <li>shut down emotionally.</li> <li>blame, gossip, slander.</li> <li>disobeyed the rules.</li> </ul>	<ul> <li>I am being:</li> <li>gracious</li> <li>considerate</li> <li>brave</li> <li>perseverant</li> <li>encouraging</li> <li>gentle, calm</li> <li>grateful</li> <li>respectful</li> <li>sincere, honest</li> <li>supportive</li> <li>trustworthy-loyal</li> <li>warm, friendly</li> </ul> OR I am being: <ul> <li>disrespectful</li> <li>defensive</li> <li>selfish</li> <li>critical/judgmental</li> <li>demanding/ bossy</li> <li>unforgiving</li> <li>ungrateful</li> <li>harsh/ rude</li> <li>impatient</li> <li>irritating</li> <li>rebellious</li> <li>self-righteous</li> <li>inconsiderate</li> </ul>	Top Motivators- I want to: be a positive role model. Build healthy relationships. Create solutions & win together. Reach my full potential. Support others. grow from my challenges. succeed with & for others. Live out my faith loving God & others Trusting God Me Others OR I want to win my way. avoid failure or rejection. gain approval. look important. avoid hardship. be in control. Self-Centered/Co-Dependent Me/Other God Me/Others Other:	<ul> <li>The narrative shaping how I see myself:</li> <li>Big Picture?</li> <li>I play an important role in a bigger story.</li> <li>I can do this.</li> <li>Everyone has value, including me.</li> <li>My circumstances uniquely position me to drive positive change.</li> <li>I can learn from my successes &amp; failures.</li> <li>I m a beloved child of God with purpose. God gives me all I need to grow.</li> <li>OR Scarcity?</li> <li>I am not enough.</li> <li>It is too hard. I can't do this.</li> <li>My needs &amp; hurts matter more than others.</li> <li>It is not worth my effort.</li> <li>If I 'm rejected, I'm a reject.</li> <li>If I fail, I'm a failure.</li> <li>Other:</li> </ul>

## REACT Exercise (Part 2): Cultivating a Better Story

Directions: Use the prompts to describe how you realign how you THINK CARE and ACT to improve your current and future situations.

т	С		Α	E	R
THINK	CARE		ACTIONS & ATTITUDES	EMOTIONS	REALITY
<ul> <li>A Big Picture Narrative can remind me:</li> <li>I play a significant role in a bigger story.</li> <li>I can do this.</li> <li>Everyone has value, including me.</li> <li>My circumstances uniquely position me to drive positive change.</li> <li>I can learn from my successes &amp; failures.</li> <li>I am a beloved child of God with purpose. Nothing can separate me from the love of God.</li> </ul>	<ul> <li>I want to:</li> <li>be a positive role model.</li> <li>build healthy relationships.</li> <li>create solutions &amp; win together.</li> <li>reach my full potential.</li> <li>support others.</li> <li>grow through challenges.</li> <li>succeed with others.</li> <li>live out my faith loving God &amp; others in word &amp; action.</li> <li>Other:</li> </ul>	<ul> <li>I can be more:</li> <li>gracious</li> <li>considerate</li> <li>perseverant</li> <li>brave</li> <li>encouraging</li> <li>gentle, calm</li> <li>grateful</li> <li>respectful</li> <li>sincere, honest</li> <li>supportive</li> <li>trustworthy-loyal</li> <li>warm, friendly</li> </ul>	<ul> <li>I can be more:</li> <li>self-aware; honestly evaluating the impact of my choices.</li> <li>focused &amp; attentive.</li> <li>perseverant through problems.</li> <li>seek to understand; ask questions &amp; accept help.</li> <li>collaborative with others.</li> <li>resourceful; utilizing available resources.</li> <li>willing to help/ serve others.</li> <li>organized and prepared.</li> <li>on-time, ready</li> <li>humble; leaning into my faith.</li> <li>balanced, integrating self-care &amp; fun with challenges.</li> <li>engaged in opportunities that cultivate growth.</li> <li>encouraging; celebrating the success of others.</li> <li>open to giving and receiving feedback.</li> <li>Other:</li> </ul>	As a result, I will feel more at ease connected courageous confident curious grateful, joyful loved, loving. positive remorseful supported curious Other:	Use the space below to describe how these choices might affect who you are and the type of person you have become in the next: 10 Minutes: 10 Months: 10 Years: