

Free epub Harcourt trophies think and respond questions answers (Read Only)

think about the meaning or origin of your reactions there is a reason that you react as you do it can be very helpful to understand your reactions and perhaps even their origins for you immediately react by getting angry perhaps yelling upsetting the child and yourself worsening your relationship not making anything better respond your child breaks something you notice your anger reaction but pause take a breath and consider the situation explore the differences between reacting and responding and why it s important plus 5 tips to help you learn how to slow down and respond versus quickly react reacting is an impulsive emotional response to a situation it s often immediate and can be driven by anger fear or other strong emotions responding on the other hand is a more thoughtful and deliberate reaction it involves taking a moment to reflect on the situation and consider your options before taking action the latin root of react is back to do perform the key takeaway is that you are taking action back at someone or something in contrast the latin root of respond is back answer how do you help your teen think before they act try the stop think act review exercise with them and help them get control of their impulses simply put responding and reacting is a result of a totally different mindset for instance the reaction is instantaneous rarely preceded by some concrete thinking a response on the other hand is the result of more careful thought in some situations the reaction is okay but in most cases it is dangerous moving away from quick fixing the issue based on what we know and rather pausing creating a space to think and reflect is one of the most powerful ways to continue growing yourself and others it s the latin root of react is back to do perform the key takeaway is that you are taking action back at someone or something in contrast the latin root of respond is back answer the key thinking faster can make people think you re smarter help you understand new information sooner and even be the ticket to a promotion at work so how do you do it in this post we will look at what the benefits of thinking faster are and how you can learn to do it what helps you learn how to respond is developing the tools to pull your brain out of the spiral what the latest psychology research tells us is that when we are headed down the path of reacting two items occur let s take a closer look at what the phrase respond vs react represents and learn some tools to help you respond to life s circumstances even when you re triggered by stress in a way that serves your well being and everyone around you the mindfulness difference if mindfulness is being more centered within and aware of others then this is a practice we need to embrace to prevent reacting and focus on responding mindful outlines several articles to begin these routines let s apply these mindfulness practices to responding feb 19 2020 do you react or respond it might seem like splitting hairs but there is a huge difference between reacting and responding in this post we ll look at the subtle

but important think about your most recent argument or a frustrating situation with your child what feelings are triggered are you angry ashamed embarrassed try to experience your emotion or trigger as a wave coming and going try not to block or stop the emotion don t push it away don t judge or reject it don t try to keep the emotion around think think respond whenever i ask the boys a question i tell them think about it think about it and then respond it s just part of what we do with the boys i want them to have at least 5 seconds before answering a question using think and respond activity students recall information from experiences or gather information from provided sources to answer a question when you respond to something that is done or said you react to it by doing or saying something yourself tell me about a time you failed this question is very similar to the one about making a mistake and you should approach your answer in much the same way make sure you pick a real actual failure you can speak honestly about start by making it clear to the interviewer how you define failure

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