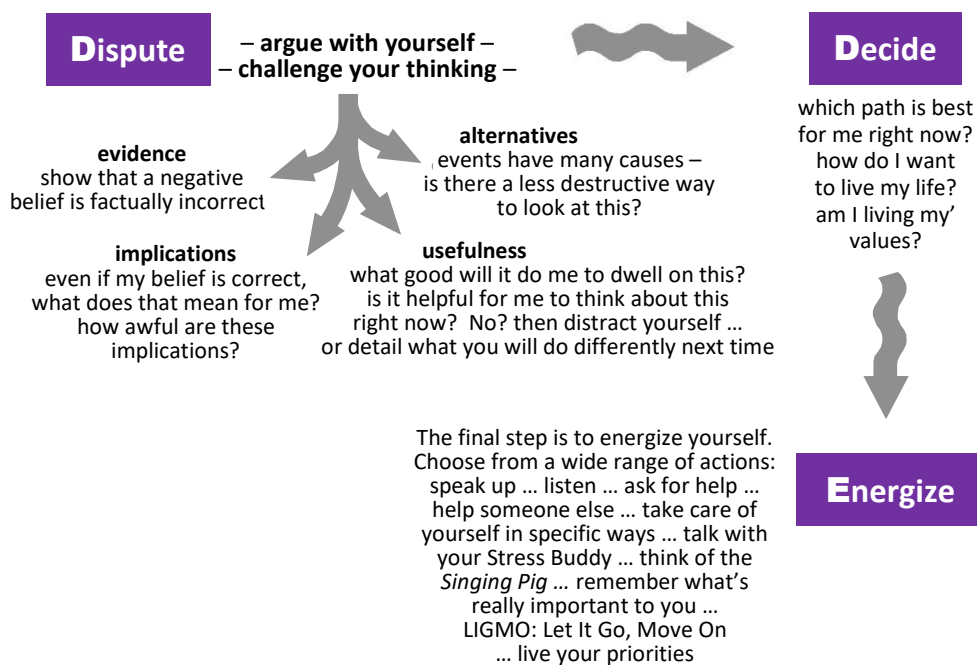
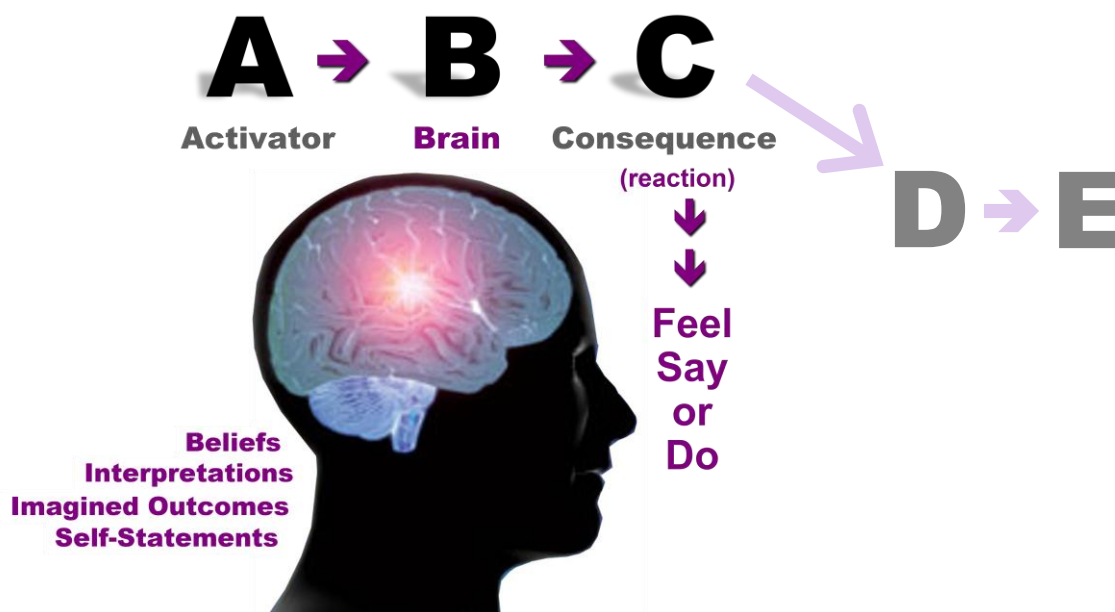


Change your Reaction

Changing your reaction starts with understanding where your reactions come from. People and events do not "make" you feel or do. Your feelings and actions are based on your beliefs, how you interpret the situation, what you imagine will happen, and what you tell yourself about the person/situation.



NOTE: What you say to yourself may be the most important factor in changing your reaction. **Talk back** and **talk smart** to yourself.