

REACTION PATTERN – needs, behaviour and initiatives. Choose a situation at work containing a challenging communication or situation.

<p>The situation you reacted to:</p>	<p>Physical What could you notice in your body?</p>	<p>Emotional What emotions did you observe: fear and/or compassion?</p>	<p>Mental What thoughts arised?</p>	<p>On what level did you react?</p> <p>Facts</p> <p>Emotions</p> <p>Thoughts</p> <p>Identity</p>
<p>The situation from the other's perspective:</p>	<p>Physical What could you notice in his/her body?</p>	<p>Emotional What emotions did you observe: fear and/or compassion?</p>	<p>Mental What thoughts arised?</p>	<p>On what level did he/she react?</p> <p>Facts</p> <p>Emotions</p> <p>Thoughts</p> <p>Identity</p>