

How To Stop Being Emotionally Reactive

Emotional reactivity happens when we react to our own internal state.

THE EMOTIONAL REACTIVITY CYCLE:



When we react to our emotions, we make decisions that tend to be impulsive and that don't serve us or our true values. The work is to be emotionally responsive to witness and respond to emotions rather than letting our emotions drive behavior.

HOW TO STOP BEING EMOTIONALLY REACTIVE

- **Practice pausing before you react:** Practice this each time you feel intense emotional sensations in your body. With practice, your neural pathways will be developed and this will become easier.
- **Notice the sensations in your body:** you might feel your heart racing, a clenching or your stomach, or waves of heat. Notice these and practice allowing them to be there
- **Deep, Steady Breathing:** sometimes the bodily sensations can be intense, this is when we practice deep belly breathing. Take complete deep breaths which will send signals of safety your body.
- **Release:** allow yourself to cry, shake, and move your body. This energetic release exists within all animals and allows your nervous system to rebalance.
- **Choose how to respond:** processing the emotion allows us to choose how we respond. This might mean taking some space to "sit with" it before making any decisions.