

**REACTING VERSUS RESPONDING**  
 Learning to Respond from our True Essence/Authentic Self  
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 From The Mended Mirror

REACTING	vs.	RESPONDING
<i>Based on Middle Circle of External Expectations</i>		<i>Based on Centre Circle of Authentic Self</i>
Life reflex, not conscious		Conscious, aware of choices
Automatic		Grounded, genuine
Objective “you” statements that come from the head and disconnect us from our own story by speaking from a detached perspective		Connected “I/we” statements that come from head and heart and connect to our own story by speaking from a personal perspective
I know I can fix you		I honour the wisdom in you
A sense of entitlement that lacks ownership and blames		Takes responsibility for self and focuses on the well-being of all
Difficult to disengage from demands and worries		Easy flow of energy toward possibilities and passions