



How do you react when something at work doesn't go as planned? What's your state of mind in the days leading up to an important meeting? What's your go-to strategy when your calendar is jam-packed, your task-list seems to be never-ending, and your inbox is overflowing? This reflection activity will give you insight into a fundamental skill in becoming a conscious leader: the ability to identify, understand, and process your personal reactivity.



1.	Settle into your body right now. What physical sensations do you notice?								
		n help to take	a few slow,	deep breaths,	stretch, or	even consciou	dy where you ser sly tighten up yo nsive state.		
2.	Think about the past week or couple of weeks. How many times do you recall feeling frustrated, angry, or triggered in some way?								
	•								
	1	2	3	4	5	6	7		
	Never	2	3	4	5	0	At least one	ce a day	
	In those mome	nts, what acti	ion(s) did yo	u take? What	seems to b	e your go-to n	nove for each read	ctive feeling?	
	When I'm frust	rated, I tend t	0						
	When I'm angry	y, I tend to							
	Mhan l'na triaga	ored Itendto							
	When I'm triggered, I tend to								
	What else do you notice?								



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1	2	3	4	5	6	7
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Never	_					At least once a day
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Would you say	you thought	through wha	at you said or	did? Or, did y	you do or say	it before you even realized	it?
i. In the past few	weeks, how	often did you	blame some	one or some	thing else for	an event or situation?	
1 Never	2	3	4	5	6	7 At least once a day	
How often did	you blame sc	meone or so	mething for y	your feelings	or your behav	viors?	
1 Never	2	3	4	5	6	7 At least once a day	

Whew! We know that may have been a little intense. Congrats on sticking with it! You just took the first step on the incredibly important path to becoming a more effective—and conscious—leader and human.



## The Science of Reactivity

As we said in the introduction, a fundamental skill in becoming a <u>conscious leader</u> is **identifying**, **understanding**, **and processing** your personal reactivity.

As humans, we evolved with a reactive part of our brain—the amygdala—which, thousands of years ago, was critical to our survival. Being able to sense a threat and quickly respond to protect ourselves was vital to staying alive.

Today, however, with our physical safety relatively assured, the reactive mind can contribute to thoughts and behaviors that are not only *not* helpful to us, but can actually be harmful. The amygdala doesn't differentiate between a physical threat and a threat to our self-esteem, ego, sense of control, or other psychological "threats," so it reacts to these intangible threats in the same way that it would to physical ones: by triggering physical and emotional responses in us.

These bodily sensations and reactive feelings can lead to actions you later regret or endless rumination that saps your energy and time—all of which severely limit our ability to effectively lead our teams. But take heart: You can start to understand when and how you react in ways that aren't serving you, and you can take steps to shift your mindset and behavior to become a more effective leader—of yourself and your team.

## **Reflect on Your Own Reactivity**

To begin working with your reactivity, it's helpful to reflect on how much of your daily life you spend in a reactive state and how often you behave according to your reactivity (as opposed to creating space for thoughtful response), which is what you did here.

Take some time to sit with your reflections and see how you feel about what has emerged. The goal here is to become aware of your reactivity and how often you might be showing up from that space instead of from a conscious, responsive one.

If you find that you are high on the scaled answers and/or you feel angry, anxious, tense, or triggered in some way around what this reflection has surfaced, you may consider how much of your time and energy are being dictated by your reactivity. Without realizing it, your reactive tendencies could be having serious adverse effects on your relationships and personal well-being.

## **Intrigued?**

Ready to take the next step in becoming a more effective leader?

We invite you to learn more about our **Intro to Conscious Leadership** workshop.

During this brief development experience, you'll explore how your personal reactivity is influencing the way you lead, how to process those emotions in healthy ways, and how you can lead through motivation and trust.



Contact us to learn more:

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We'd love to help you on your journey to becoming the leader your team is waiting for—and you know you can be.

