

## **“Reactivity vs. Intuition and Creativity?”**

*By Dr. Cindy Brown, “The Relationship Strategist”*

Reactivity is caused by our thoughts about a situation (conditioned, programmed from the past) and then our thoughts, the ego part or saboteur part of us, judge the situation, wanting to be superior or inferior to others, or just plain wanting something it's not getting, lead to us experiencing negative emotion.

**Tip #1** Start by understanding and acknowledging to yourself that you can dismantle negative emotion and reactivity by first becoming conscious of this process mentioned above

**Tip #2** When you find yourself in a situation where you are triggered negatively (thoughts, physically, emotionally), first STOP and become conscious of the feeling, don't resist it or judge it as wrong or bad, just be aware of it and then take your attention to your breath or your life energy in your hands, rather than into the negative feeling, this will help you to stay out of your thoughts (ego) which will pull you deeper into ego, pain-body and negative thoughts and more of the emotion.

**Tip #3** It is in the awareness (the space between the thought, emotion and awareness of all) where you will find peace, intuition and creativity to solve the situation without emotion and reactivity.

Try this practice next time you are triggered with your partner or at work and email me to tell me how it worked. Please **Call me (310) 202-1610-** I am a Master Relationship Coach and Behavior Specialist dedicated to help you communicate and understand yourself and each other better so you can have a healthier relationship NOW!

I hope these tips help you if you are challenged with this issue in your relationship. Stay positive, with every challenge is a gift waiting to be discovered!

**Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you**

**have never done before: Give me a call or contact me so I can support you in having the best life you've ever had!**

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