

Reflective vs Reactive

Reactive Thoughts (-)	Reflective Thoughts (+)
Judges	Considers alternatives
Assumes	Curious
Needs to be right - in control	Open to other perspectives - values clarity
Dislikes change or uncertainty	Accepts change is an opportunity
Fills gaps with 'fictional' stories	Gathers facts
Catastrophises - Looks for what's wrong - Or will go wrong	Seeks clarification - Is it true? Alternative perspectives
Unrealistic - Irrational expectations	Realistic - Rational - Reasonable expectations
Unclear Boundaries	Clear Boundaries
Urgency or Never Enough - Must Fix - Do - Be More	Slows down - Prioritises self-care
Impatient - Restless - Irritable	Patience - Tolerant - Understanding
Aggressive	Assertive
Need to Control	Self Assured
Compares Inferior - Superior	Comfortable with good enough
Jumps from one negative situation to another	Focuses on one situation at a time
Ruminates - Obsesses	Values time to vent - Knows when to distract
Chaotic - Confused	Focused - Clear
Under - Over Responsibility	Balances Responsibility
Guilt - Regret - Shame	Recognition - Acceptance - Forgiveness
Lacks compassion - Unable to listen	Compassionate - Willing to listen
Recalls past events - Projects onto future	Observes past - Future thoughts & returns to present
Suspicious - Mistrusting	Strong sense of self-worth - Trust in oneself
Avoids feeling emotions	Welcomes emotions as a guidance tool