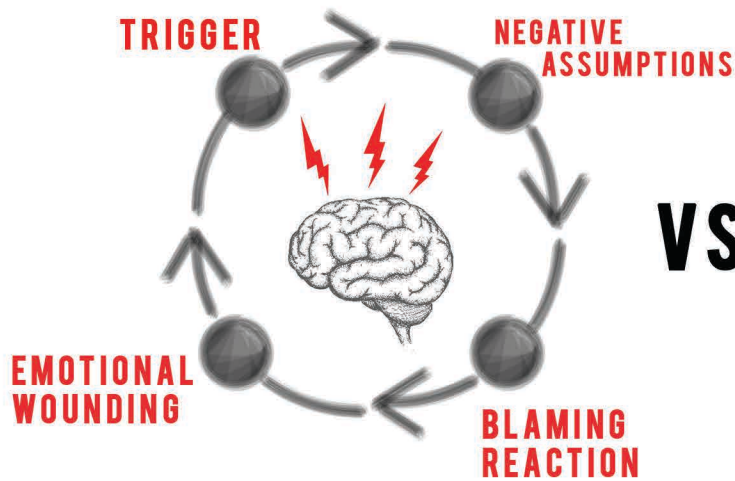


MINDFULLY KIND GUIDE: ASSUMPTIONS & REACTIONS

REACTIONARY CYCLE



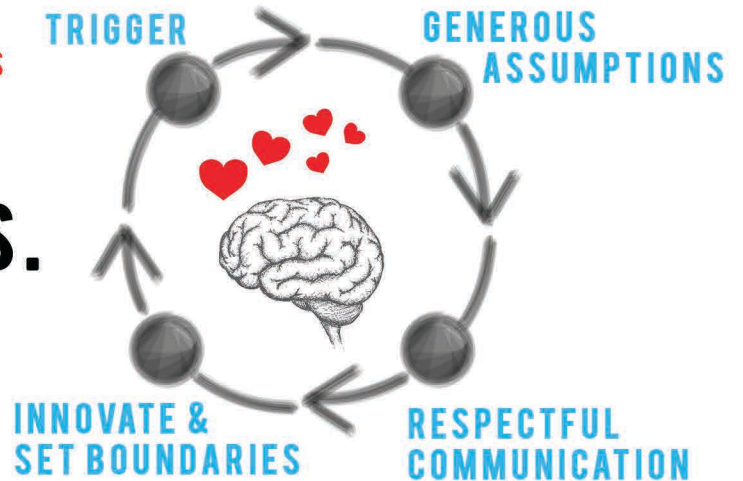
Reactionary Trigger Feelings:
Afraid, insulted, confused, sad, or angry.

Negative Assumptions:
Your mind may choose a scenario from your spectrum of negative mind wandering to justify 'why' the traitor/trigger person did what they did.

Blaming Reaction:
Blaming is a common expression of hurt, but it's also sign of someone having very little emotional tools to manage and express feelings in a sustainable fashion.

Emotional Wounding:
When a reactionary is triggered, they feel wounded, and lash out through blaming in the course of trying to be understood. But they often are unaware of how they are wounding the very person they want understanding from most.

MINDFULLY KIND CYCLE



Mindfully Kind Trigger Feeling:
Observing frustration and appreciating the contrast for improving future decisions.

Generous Assumptions:
Minimizing judgements and assuming the best possible scenarios until proven otherwise.

Respectful Communication:
Checking in and asking questions remaining receptive to the unknown variables.

Innovate & Set Boundaries:
Determining together what kinds of ways would help prevent misunderstandings in the future, & stating any fair boundaries.

