

[1] Before We Start...

What is something that recently made you react in an angry or sad or disappointed way?

[2] Definitions:

make ~ even worse

reflect

will come to see

affect you

influence

no matter what

precisely

not favorable

blame

curse

seek to strengthen

adapt to

constructive

shaken up

tossed around

channel

make or break

[3] Watch the presentation**[4] Read the text**

YOUR RESPONSE

Stop a moment and think of a time in your life when your reaction to bad news was worse (when you think about it later) than the bad news actually was. You have the power to make something even worse by your response to it. Well, in the same way, you also have the ability to make it better by how you respond.

Reflect a bit over the events in your life, and you will come to see how big a role your responses have played in them. Yes, of course things that happen to you does affect you, but in most cases, what you do and say about the things--your reactions and responses to them--usually has a bigger influence on how things play out.

It is your response and not what happened to bring about that response, that has brought you to where you are today. No matter what terrible things might happen to you, you can control the response you make to it. You have the power to choose how you will respond.

So it's up to you: You can point the finger at the bad economy for your troubles, or you can search for opportunities that exist precisely because the economic conditions are not favorable. You can blame a teacher for not being fair, or you can learn from that experience and become a bigger person. You can curse your family for their not understanding or supporting you, or you can seek to strengthen your communication style and/or adapt to circumstances in a way that is constructive. You can let yourself be shaken up and tossed around by uncontrollable things that happen, or you can channel all that energy towards something that is really important.

Your responses to everything are up to you. What will you choose? Your choice will make or break it all.

Think about: It's how you respond to things that make all the difference.

[5] Circle the correct word:

- Sometimes your reaction to bad news makes it [*better* / *worse*].
- You have the power to make something even worse by your [*respond* / *response*] to it.
- No matter what terrible things might have happened, you [*can* / *cannot*] control your response to it.
- You can let yourself be shaken up and tossed around by things that [*happen* / *don't happen*], or you can channel all the energy towards something that is really important.

[6] Similar meanings:

___ reflect	[A] get off balance; made weak
___ role	[B] bad
___ affect	[C] helpful
___ control	[D] have the power
___ not favorable	[E] position; function
___ constructive	[F] influence; impact; disturb
___ shaken up	[G] review; turn over in your mind

[7] Listen and fill in the blanks:

Reflect a bit over the _____, and you will come to see how big _____ your responses have played in them. Yes, of course things that happen to you does _____, but in most cases, what you _____ about the things--your reactions and _____ to them--usually has a _____ influence on _____. It is your responses and not what happened to _____ that response, that have brought you to where you are today.

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Write a few real examples from your life when your reaction to something made the situation worse. What was the situation? What happened? How did you react? If you had reacted in what other way, would have not made it worse?

2. People often react quickly without thinking about consequences when “our buttons get pressed”. For example, something isn’t going as you hoped it would and you are frustrated. Some people respond to that stress by eating or drinking too much, buying things they don’t need, getting in a bad mood, getting violent or extremely sad or depressed, or do some other self-destructive thing.

Imagine someone you love doing something something (like above) that doesn’t help the situation. Maybe for a short time, stress is lessened but very soon, he or she will feel worse. Think of ways he or she could talk to him or herself and respond in a better way. Give “how to change your thinking” advice.

STUDENT NAMES & CLASS NUMBERS: