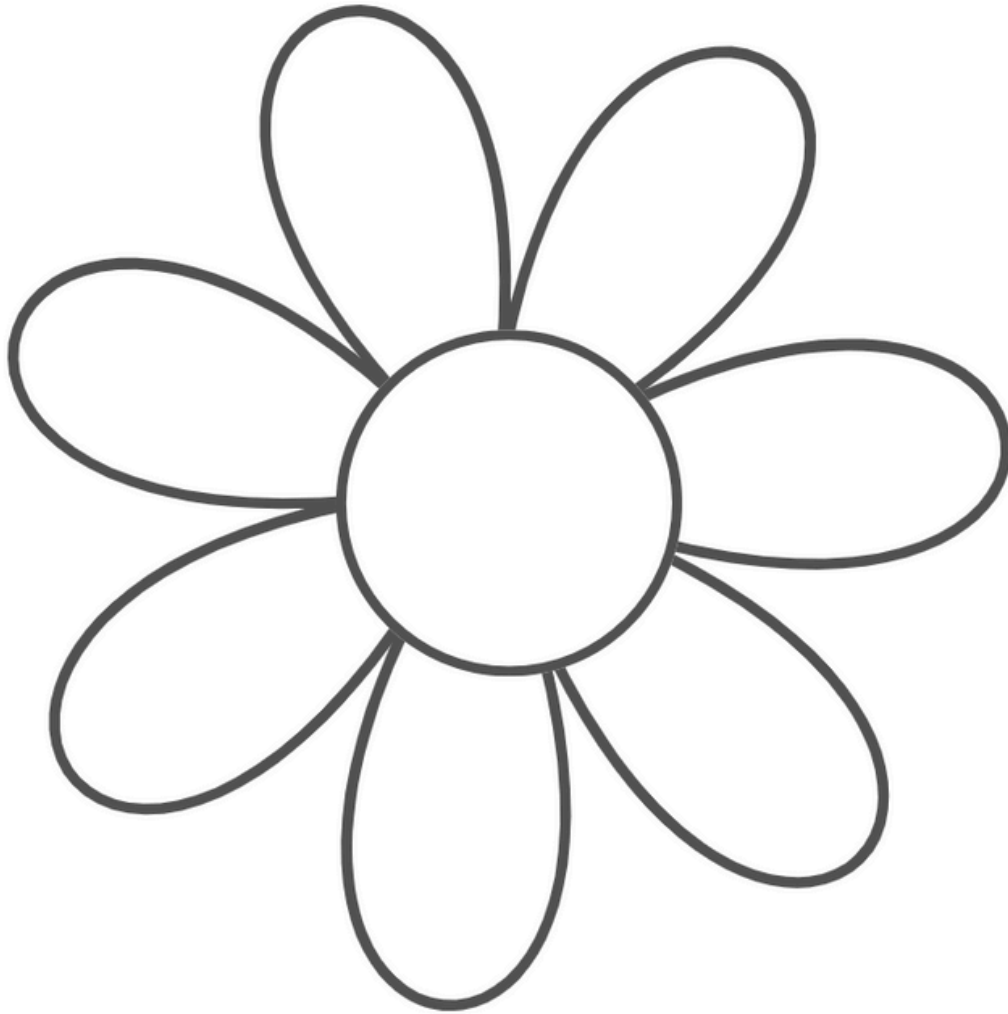


The Vicious Flower of Reactivity



Take a few moments to settle into a comfortable position. Take some time to ground yourself with a bodily anchor, the feet, the bottom on the seat, hands resting on the thighs or in your lap, or maybe the breath coming in and out of the body.

When you feel settled, steady, and still, bring to mind as clearly as you can a very specific time, issue, or situation when you felt upset, at the end of your tether or that 'your buttons were really being pressed.' Be careful not to choose something too difficult or overwhelming, but rather something that is manageable to reflect upon.

- **What sensations, emotions, thoughts, and impulses arise in that situation?** Write these in the middle of the flower.
- **How do you automatically react to such difficulty or upset?** What do you do to fix the problem or to try and make the unhappiness, upset or distress go away? What do you do to make yourself feel better? Write examples of these reactions in the petals.
- **Now ask yourself, are these automatic ways of reacting useful in the short term? Are they useful in the long term?** If the reactions are only useful in the short term, draw an arrow around that petal coming back into the middle of the flower. If the reaction is helpful in the longer term, draw an arrow leaving the petal away from the centre of the flower. If the reactions might be either, consider the intention behind the action.