



How Do I

How Do I Cope In The Instant Things Go Wrong?

Overview

The instant you feel your stomach drop; your skin crawl ; the heat burn your body or any other indicator that trouble is brewing, you must take notice and not react. Thinking is critical in this set of seconds that very often determine either success or failure; disaster or growth; or the outcome of those dreaded reactions that will bite you in the bottom later on! Let's focus for a moment on what are the helpful and unhelpful options during these important seconds.

Tips

1. Learn to **recognize** your own reaction. Your body is always trying to protect you. That's its main job. So those horrible sensations are designed to get your attention. * From here on, take notice of them instead of trying to minimize them.
2. **Identify** what and where these sensations start. What happens to you? Clenched fist; sensation of wanting to hide; tightness in your chest; shaking; whatever it is become very familiar with your warning system - know it and appreciate it. Where in your body does it start and exactly what does it feel like for you? * Remember.
3. Recognize the sensation and take charge. * Instead of wondering what is happening, jump into the driver's seat. You want to **choose** what you do now, not leave it up to fate. Acknowledge the sensation "ah, there you are, thanks"; breathe normally 'so your brain doesn't panic too'; and become hyper aware of what's going on - look, listen, observe in a heightened way.
4. **Slow** yourself down. This is the best advice of all. Do not rush your next move, shut down the voice of anxiety and consider what next by asking yourself "what is the best thing I can do here?" * Know that any decision you make now is compromised so you want to give yourself time to think more clearly.
5. Aren't you always **clever** afterwards with "I should have said this, or I should have done that" - dam straight, that is exactly what happens. Know it, remember it, use it to your advantage. Whatever is happening to you is happening to them as well. You're both in trouble. Remain professional and respectful and they will too. * Do not get sidetracked, your aim is to get some better thinking time so you don't do or say anything you will regret.

Remember: Your aim here is to chose a response rather than allowing a reaction.