

## **Reaction Versus Response**

Read each scenario given below and provide a brief description of what you would do if you were in the same situation. After you complete this task read this [short article](#) on reaction versus response and then decide whether you were responding or reacting. Lastly, consider a time when you reacted instead of responded to a situation. If you could go back in time how would you have responded instead of reacted.

Your mother asks you to clean up your room.

A student pushes you in the lunch line.

Your friend criticizes you or people you care about.

You find out that your ex-boyfriend or girlfriend is talking with your best friend about hooking up.