

# ACT OR BE ACTED UPON

## LISTENING TO OUR LANGUAGE

### REACTIVE LANGUAGE

There's nothing I can do.

That's just the way I am.

He makes me so mad.

They won't allow that.

I have to do that.

I can't.

I must.

If only...

### PROACTIVE LANGUAGE

Let's look at the alternatives.

I can choose a different approach.

I control my own feelings.

I can create an effective presentation.

I will choose an appropriate response.

I choose.

I prefer.

I will.