Exercise 5 - APPENDIX 2

EXAMPLES OF PRIMAL REACTIONS

Examples of primal reactions and what the (negative) feelings and (negative) thoughts are at that moment in time. The trainer explains how the first reaction is a natural reaction. It is important to know that whatever your first, primal reaction may be, you can change this into a professional reaction.

Examples:

- Unfortunately, Anna hadn't placed a cloth under the bucket when she was cleaning the living room. When she picked up the bucket, she saw that it left a mark on the floor. After a lot of scrubbing, she realised that the bucket caused a permanent stain.
    - Fight: she denies she caused the stain on the floor.
    - Flight: she quickly moves on to another room and tries to forget about the incident.
    - Freeze/hide: she feels hot and cold at the same time. She doesn't know what to do. She spends an hour sitting in a chair without moving because she doesn't know what to do.

- Cristina sees that her client is watching porn while she is working upstairs.
    - Fight: she gets angry and shouts at her client that she won't accept this. In a rage, she drops the bucket of water she was holding. She calls up the office to say that she will never work for that client again.
    - Flight: she picks up her things and goes home.
    - Freeze/hide: her body freezes. She doesn't know what to do. She shuts herself in a room and continues to work quickly without saying anything.