

Righting Reflex Reflection

Introduction: As professionals and leaders we are often called on to serve as experts—to advise, provide education, and assist others achieving desired outcomes. We may feel anxiety if we aren’t able to help someone directly “fix” what is wrong. We may find it particularly difficult to witness someone struggling if from our perspective, they weren’t “willing to listen” to what we had to say. Unfortunately, this directing style—of telling others what to do, and how to do it, has a tendency to bring out the person’s reluctance to change, rather than enhancing their motivation to change.

Purpose: This activity invites participants to reflect on the people, places, things and emotions that are most likely to activate their righting reflex. These are the situations and feelings you will want to be most mindful of in order to avoid defaulting to fixing a problem *for* someone instead of building rapport *with* someone.

Instructions: Explore the people, places, things and emotions that are most likely to activate your righting reflex. Write your thoughts in the space provided. Please be prepared to share with the large group.

The following situations tend to activate my righting reflex _____

What emotions are you experiencing in these situations? _____
