




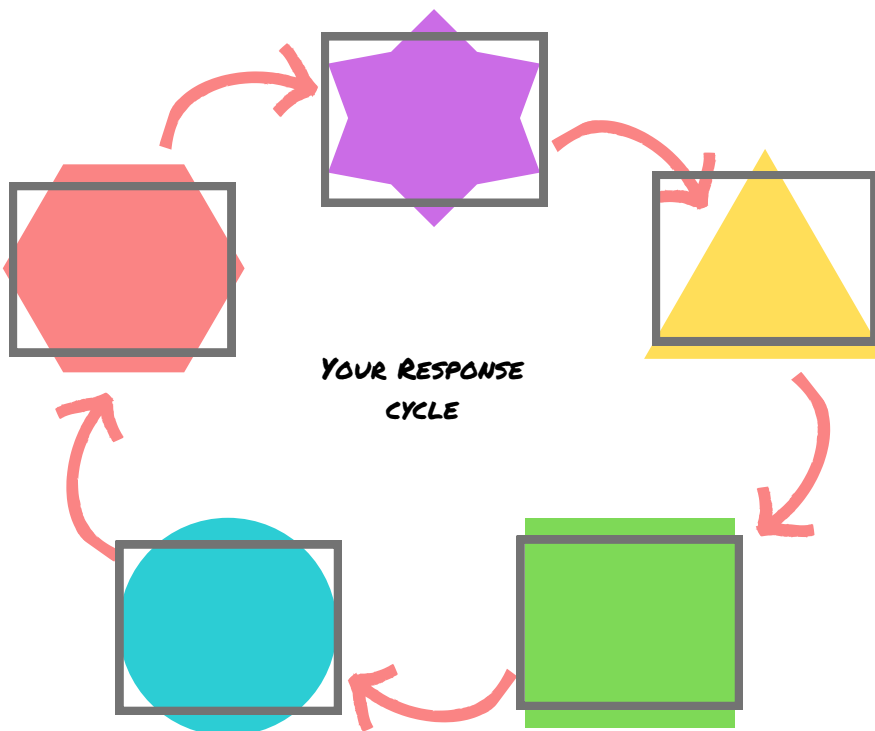
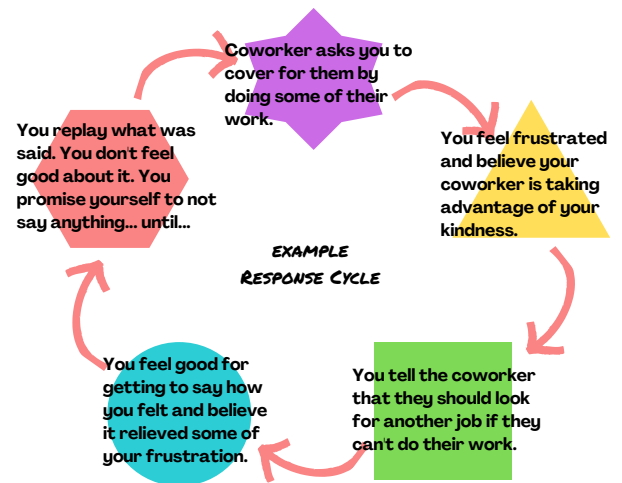


# Response Cycle: Introduction

A Response Cycle is the series of events that you experience in reaction to an initiating or triggering event. The way we respond to positive or negative events can reinforce beliefs and behaviors that affect how we interact. It may not be apparent that it is a cycle that is repeated because it can seem like it is just the way things are. There may be a Response Cycle for positive outcomes, that reinforce positive thoughts and feelings about the initiating event.

## Phases of the Response Cycle

-  **Triggering Event** an experience that initiates responses, something that is responded to more intensely than other experiences
-  **Internal Response** what is felt and thought about after the triggering event
-  **Active Action** the external behavior exhibited after the internal response to the triggering event
-  **Gratification** what is felt and what is believed to have been received as a result of the active action
-  **Aftermath** actions taken to avoid the cycle, beliefs and feelings about how the active action worked



## PRACTICE TIME

Practice documenting your own response cycle.

For each phase of the cycle write in an example of what you experience at each phase.

### HELPFUL TIPS:

- Triggering events can be interactions that challenge our patience.
- Internal responses happen quickly and take reflection to define them.
- Active actions are sometimes called "blow ups" after holding things in.
- Gratification is the space in between not having the build up and thinking about the active action.
- Aftermath can be a space of guilt and shame. Agreements to change are made here.

**NOTE:** Our responses may have been used for a long time and they are now second nature to us. Having negative feelings about your responses and negative feelings about yourself because of them, is an indicator that you desire a change. Working through your response cycle can help you build new responses that you can feel good about.

# Response Cycle: Adding Interventions

You have learned about the Response Cycle and know the pieces of your own response cycle. Now let's work on the intervention process. Interventions are actions you will take during a specific part of the response cycle in order to disrupt it and create a new version.

Using your example and your goals, think of which part of the response cycle would be easiest to add an intervention to. Write an action you will take and how it will help. You can add interventions for different parts of the response cycle as well.



## How to begin using interventions:

- Determine goals for adjusting your response cycle.
- Discuss how the interventions will help you get closer to your goals.
- Determine how to best gain experiences using your interventions.
- The Therapy Ally agreement can help define support from a therapy ally.
- The **What Are My Influences** worksheet can help you learn more about where beliefs about triggering events began.
- Build a plan that will support consistent progress. Consider a timeline that will allow space to process the changes you've made.

**NOTE:** In the new versions of your response cycle, the outcomes will be a different ways to respond that become new tools for you to use. New tools can lead to new options in how you respond that you can feel better about.