Transformational Tuesday

Do One Thing Different

When we experience a situation which requires a reaction, re-think the type of reaction you want to give. Oftentimes we have our reactions in ‘auto’ mode and we create a repeat scenario; including the accompanying feelings.

Why is this important? It helps us break cycles of emotional distress and discomfort. There is great wisdom is stopping yourself from the automatic reaction, and walk away to reframe your thoughts and emotions. An example of this could be over-spending.

We are in a store and we believe we need a pick-me-up. Suddenly purchasing an item we may not really need becomes the very choice we make. We feel good, right? It’s exciting and gets our serotonin going…all systems go! We use all the right words; including, ‘I deserve this’; or, ‘I will find use for this’. Everything is going well…until we admit this isn’t really what we needed to do. In fact, for some of us, guilt sets in. We may even hide our item or sneak it into the house…we have all been there. So what if we did one thing different?

What if we called a friend, went for a walk, stood outside and took a deep breath? All of those things ALSO give us a serotonin release. Promise!



What is something you consistently react the same to and you feel distress over?

What are you willing to as your ‘Do One Thing Different”?

Why is it important for you to transform this behavior?