



# React Respond Create

**Week 1**



**Women are like teabags.  
We don't know our true  
strength until we are in  
hot water.**

**—Eleanor Roosevelt, former first lady**



# Rate Yourself

On a scale of 0-10, how present  
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts  
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about  
the past, future or distracted by thoughts

10 = completely present







What do you hope to get out of  
this workshop?

Raise your Zoom hand or put your  
answer in the chat.



# Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman





# Housekeeping

This book and classes are for education and inspiration.  
This is not therapy and participating does not constitute a  
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about  
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your  
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T h e   M o d e r n   C r e a t i v e   W o m a n





# Modern Creative Woman Timeline

## **PRESENCE**

PRESENT  
MOMENT  
AWARENESS

WEEK  
**01**

## **MINDSET**

RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**02**

## **PURPOSE**

YOUR  
UNIQUE  
VALUES

WEEK  
**03**



# Reacting vs Responding







# Reaction

- A reaction is instant.
- Driven by beliefs, biases, and prejudices of the unconscious mind.
- When you say or do something “without thinking” that’s the unconscious mind running the show.
- Based in the moment and does not consider long term effects of what you do or say.

From Matthew B James, author of *The Foundation of Huha: Ancient Wisdom for Modern Times*



# Reaction

- A reaction is survival-oriented.
- Considered a defense mechanism.
- It might turn out okay...but of the things we regret, they often are the things we regret later.





# Reactions

Emerge from:

- How we managed childhood.
- How we survived our traumas.
- What we learn from family & culture.
- What we learn from society.





# Response

- Emerges more slowly.
- Based on information from both the conscious mind and unconscious mind.
- A response is more “ecological”...it takes into consideration the well-being of you and those around you.
- Weighs the long term effects.
- Congruent with your core values.





A reaction and a  
response may look  
exactly alike.  
But they feel  
different.





# The differences...

- The intention behind the words, choices, and action.
- Your emotions.
- If your values are involved.
- If you would choose that action again if your values were in mind.





# Example

- Example, approached by someone asking for money.  
(a friend, family or person on the street)
- You give that person money.
- Reaction: give money out of obligation, fear or embarrassment or guilt.
- Response: give money from a solid sense of "I am here to help people."





# Example

- Example, approached by someone asking for money.
- You **do not** give that person money.
- Reaction: don't give the money out of fear, disgust, or anger.
- Response: don't give the money because you want to give your money elsewhere.





# Reaction

- The more reacting we do, the less empowered we are.
- We lose psychological flexibility.
- We operate from underlying assumptions and beliefs we are not even aware of.
- When humanity does this, the results are somewhere between horrendous and less than stellar.







# Examples

- Laughter - it's funny or we are nervous.
- Turning away, hiding, escaping - being chased by a bear or avoiding conflict/discomfort.
- Make a triangle in a relationship - the more the merrier or avoiding intimacy.
- Be helpful - giving generously or trying to please, manage our emotions, be liked.
- Short term income in business or planning and environmental considerations.



What can we do to  
increase responses and  
decrease reactions?







# Knowing more

- Word association tests in psychoanalytic psychology.
- Pauses or emotional reactions reveal aspects where we struggle or have bias.
- Implicit Association Test (IAT).
- Ongoing research from Harvard revealed more about our implicit biases. (Greenwald, McGhee & Schwartz, 1998).
- Cultural Humility research is teaching us to respond without culturally-taught bias.





# Word association test

car  
horse  
plant  
mother  
couch  
black  
banana  
kitchen  
father  
table  
barn  
white  
daughter





# Present Moment Awareness

- Engaging in present moment awareness helps us tremendously.
- Mindful awareness of our thoughts, beliefs and biases.
- Lack of judgement against ourselves. Attitude of a curious observer.
- For example - we were all raised with racism sexism, homophobia, ableism, etc. However, we learn about our bias, and avoid acting with discrimination.





## Summary

The more we know ourselves, the more we are able to respond instead of react.

We can unpack our old beliefs, choose new beliefs, and act with our values in mind.

The more we are in the present moment, the easier it gets to act on our values.

The more we respond, the more satisfied we feel.



# Practicing Mindfulness





# Breath & Art





# Guided Imagery

























# **Art Response: Art from the heart**







# **"Art from the Heart"**

Create a piece of art  
related to the kindness of  
your heart.

Use whatever material you  
have.



# Writing







# Writing

Reflect on your intention for  
trusting your heart and/or  
sharing your heart with others.

What is your heart telling you?





**What did your heart tell you?**

Raise your Zoom hand or put your answer in the chat.



# **I am a woman who...**

- knows her value.
- understands her personal values.
- goes slowly.
- follows her values.
- responds according to her values.







**Finish the sentence in the chat:**

**"I am a woman who..."**

I will share these with the group.



# Your Reflections for the Week







# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Intentions**

2

**Current  
Automatic  
Reactions**

3

**Future  
Automatic  
Reactions**

4

**Visual  
Expression  
& Reflection**





# Intentions

- What are your intentions for this workshop?
- Be specific about what questions you would like to answer for yourself.
- "How" questions are the best.





# Current Automatic Reactions

- What are your current thoughts and behaviors that you like being automatic...loving someone, saying thank you, brushing your teeth, appreciating beauty, being kind to those who serve you at a restaurant, having patience for a child, etc.
- HOW did you create that habit?
- Where did it come from? How are these habits sustained?





# Future Automatic Reactions

- List 3-5 desired future thoughts and behaviors that you would like to be automatic. For example: saying kind things to yourself, being patient about the speed of your work, giving yourself grace and not rushing, choosing healthy food, exercising everyday, etc.
- Pick ONE you want to work on this month. Brainstorm how you can create that habit.
- Pick one strategy and add it to your calendar, write a note and hang it up where you can see it everyday.





# Creativity in Writing

- How would you like to intentionally respond to life's circumstances?
- Create a visual expression of this.
- Draw using lines shapes and colors or find a magazine picture that reflects how you want to respond.
- For example - with ease, confidence, curiosity, patience, love, or any other feeling that inspires you.
- Allow yourself to create freely.
- However you do it will be great!





# Written Response

- Reflect on what you have learned about "responding" instead of reacting.
- How does it feel to imagine yourself responding in a way of your choosing instead of reacting out of fear or uncertainty?
- Notice what parts you enjoyed and what parts challenged you.
- Avoid judging yourself for what you did or did not do this week.





Breath it all in.  
Love it all out.





On a scale of 0 -10, how present are you  
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.



# What To Do Next



## **Review**

Review your orientation manual & workbook.



## **Make the commitment**

Schedule 20 minutes a day & put in your planner.



## **Exercises**

Read and complete the exercises for the week.





# Ready for More?

To continue the conversation about  
your values and each month's topic,  
let's chat each Friday at noon PST  
on IG live @dramybackos

Find The Modern Creative Woman  
wherever you listen to podcasts.

[www.arttherapycentersf.com](http://www.arttherapycentersf.com)



Choose your values and then  
trust them to lead you.







What will you remember about  
today's class?

Put your answer in the chat  
or raise your Zoom hand.





Thank  
you!