



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.

Breaking the Reactive Cycle with Care

How to heal from what gets in the way

Kristi Easley

Director of Operations & Therapist
Addictions & Adults

April Bordeaux

Managing Director & Therapist
Trauma, Leadership, Marriage



SEND US YOUR QUESTIONS!



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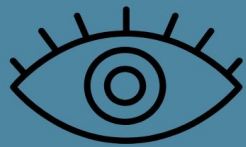
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@CARE_TO_CHANGE

5-4-3-2-1 grounding

This exercise helps bring the mind out of anxiety or overwhelm by focusing attention on the present moment through the senses, which signals the brain that you are safe right now. ❤️



5

things
you can
see



4

things
you can
touch



3

things
you can
hear



2

things
you can
smell



1

thing
you can
taste

Goals

What we'll learn

- Acknowledge your desires.
- Identify your buttons & reactions.
- See the reactive cycle in motion.
- Learn steps to stop the cycle.
- Review steps for healing.



First – Let's identify yours!

- Wants
- Buttons
- Reactions



Wants

What do you want in your relationship?

Know what you want in your relationship, because it can easily become your expectation. But be aware: your wants are not their to-do list.



What happens when your buttons are pushed?
And what is the impact on your relationships?



Pushed buttons
can = closed
hearts.



Her Wants

Acceptance/connection
Love/passion
Care/hope
safety

His Buttons

Defective
Disrespected
Failure
Inadequacy
No good
enough

His Wants

Acceptance
Approval
Respect
Peace
Significance

Her Reactions

Independence
Withdrawal
Stonewall
Self-abandon
invalidate

His Reactions

Anger
Catastrophize
Control
Right/wrong
Shut down

Her Buttons

Controlled
Rejected
Unwanted
Defective
Abandoned

The Reactive Cycle

How can we stop the cycle?



Care
to change

How can we stop the cycle?

By caring for your heart and healing old wounds.

Care Cycle

5 steps

1. Awareness
2. Acknowledgement/acceptance
3. Allow/invitation
4. Attending with curiosity and compassion
5. Acting in integrity

Use the Care Cycle to care for our hearts and make change

- **Aware**
- Accept
- Allow
- Attend
- Act

Use the Care Cycle to care for our hearts and make change

Aware

- Body
- Mind
- Emotions

Use the Care Cycle to care for our hearts and make change

- Aware
- **Accept**
- Allow
- Attend
- Act

Use the Care Cycle to care for our hearts and make change

Aware

Accept

- My heart
- My humanness
- My responsibility

Use the Care Cycle to care for our hearts and make change

- Aware
- Accept
- **Allow**
- Attend
- Act

Use the Care Cycle to care for our hearts and make change

Aware
Accept

Allow

- My heart to matter
- God into the process

Use the Care Cycle to care for our hearts and make change

- Aware
- Accept
- Allow
- **Attend**
- Act

Use the Care Cycle to care for our hearts and make change

Aware

Accept

Allow

Attend

- Ask thoughtful questions
- Pause for the healing

Use the Care Cycle to care for our hearts and make change

- Aware
- Accept
- Allow
- Attend
- **Act**

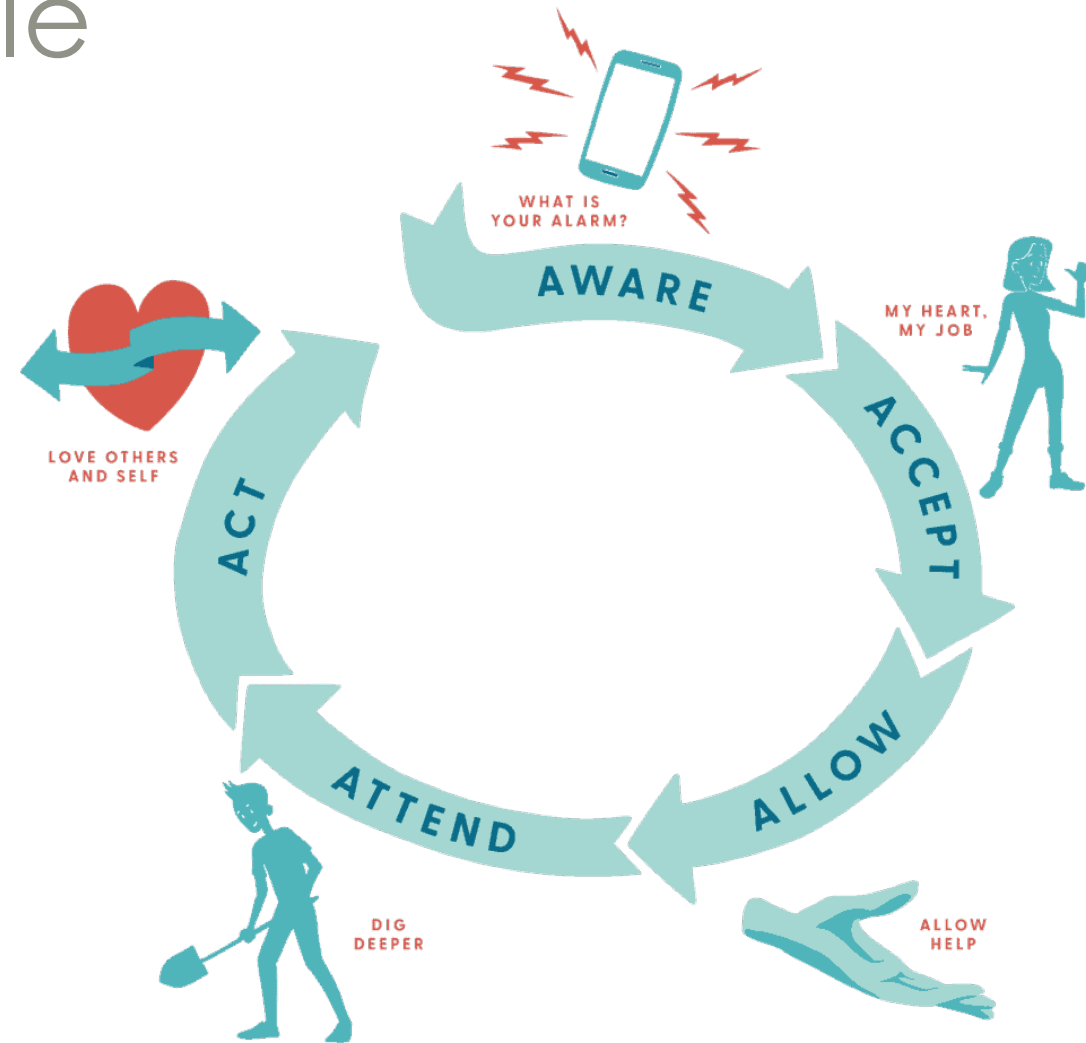
Use the Care Cycle to care for our hearts and make change

Aware
Accept
Allow
Attend

Act

- Do I need rest?
- Do I need restoration?
- What boundaries are needed?

The Care Cycle



We have a choice
Reactive cycle or Care cycle?
React or Care



We have a choice

Our decision will impact our connection.

Our connection will impact the outcome.



Call to Action

What's next for you?

- Learn about yourself.
- Press pause.
- Work to heal those buttons.
- Reach out for support.



Recommended Resources

Our top resources on this topic

- 9 Lies that will destroy your marriage Smalley/Paul
- Reconnected Erin Smalley
- Care to Change Podcast

Tell Us Your Thoughts on Today's Information



Answer 2 simple questions



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appointment



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