

Living Consciously

Week 3 – Reactions & Aversion

Today's Session

- In today's session we will look at developing the skill of 'coming back' to the present moment
- Alongside this skill, we also need to develop an awareness as to where our mind wanders off to and so in this week we will be looking at our reactions to events and aversion



Reactions!

Sometimes we just can't help it...!

A driver cuts in front of you in traffic when you're running late. You blast the horn and become very angry, shouting and swearing at the driver. You grip the steering wheel very tightly!

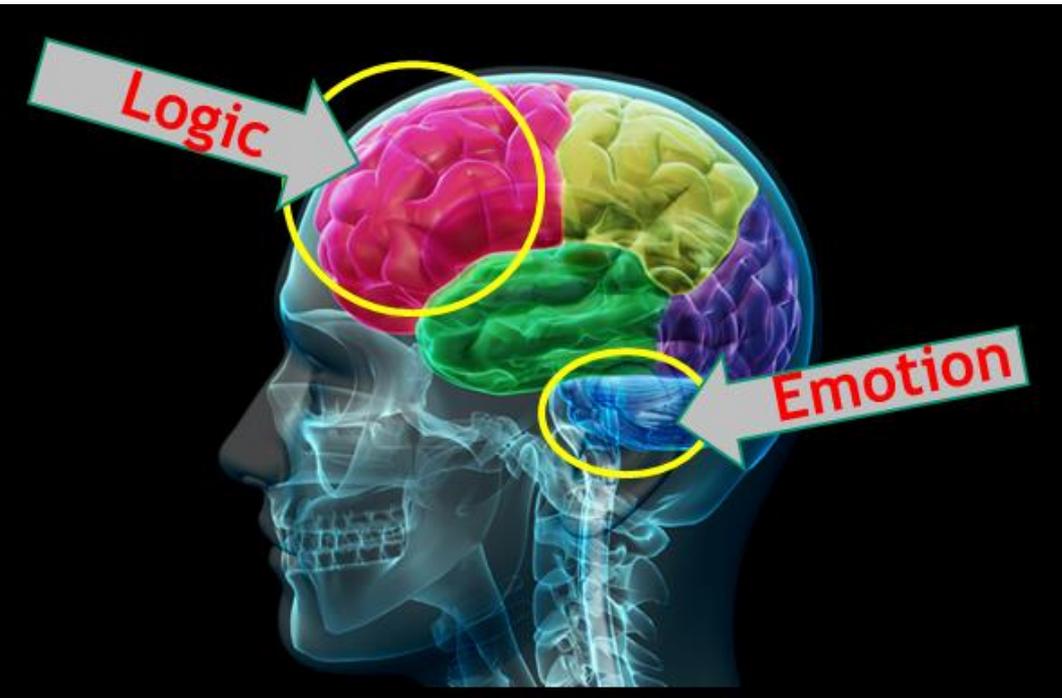


The kids at home make an unruly demand and you snap at them in a way that only makes things worse!



You pass by some high-fat, unhealthy food and you buy it and eat it before you've remembered your decision to avoid high fat foods and eat healthily





Reactions leave our
mind at super-fast
speed
and
before we are able to
THINK about a more
skilful and appropriate
response

Reactions like
the ones
previously are
likely to occur
when we are
stressed





Imagine in stressful situations if we could respond smartly and skilfully...

Usually, when unpleasant feelings arise we respond with aversion

The mindfulness approach allows us to hold these feelings/thoughts/experiences in awareness...

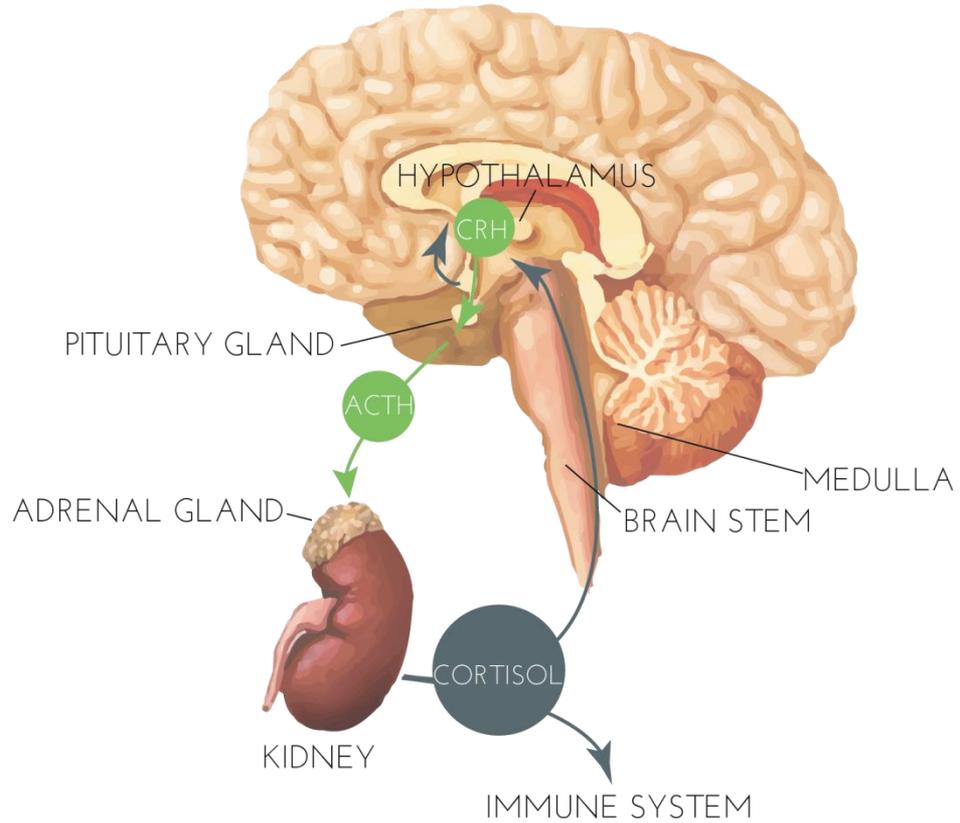


We see more clearly
and meet them with a
conscious response
rather than an
automatic reaction

Aversion is the drive to avoid, escape, get rid of, numb out from, or destroy things we experience as unpleasant.

It is the power behind the driven-doing that keeps us entangled in negative emotions such as depression, anxiety, anger and stress.

STRESS RESPONSE SYSTEM



Responding Vs. Reacting

We often respond to negative or unpleasant experiences in one of the following ways:

- **Tuning out** – switching from the present moment and travelling to another place in our mind
- **Craving** – wishing that we were having experiences different to those that we are having in the moment or trying to cling onto any pleasant experience we may be having in the moment
- **Aversion** – the want to get rid of unpleasant experiences, or trying to avoid experiences that may be coming along

