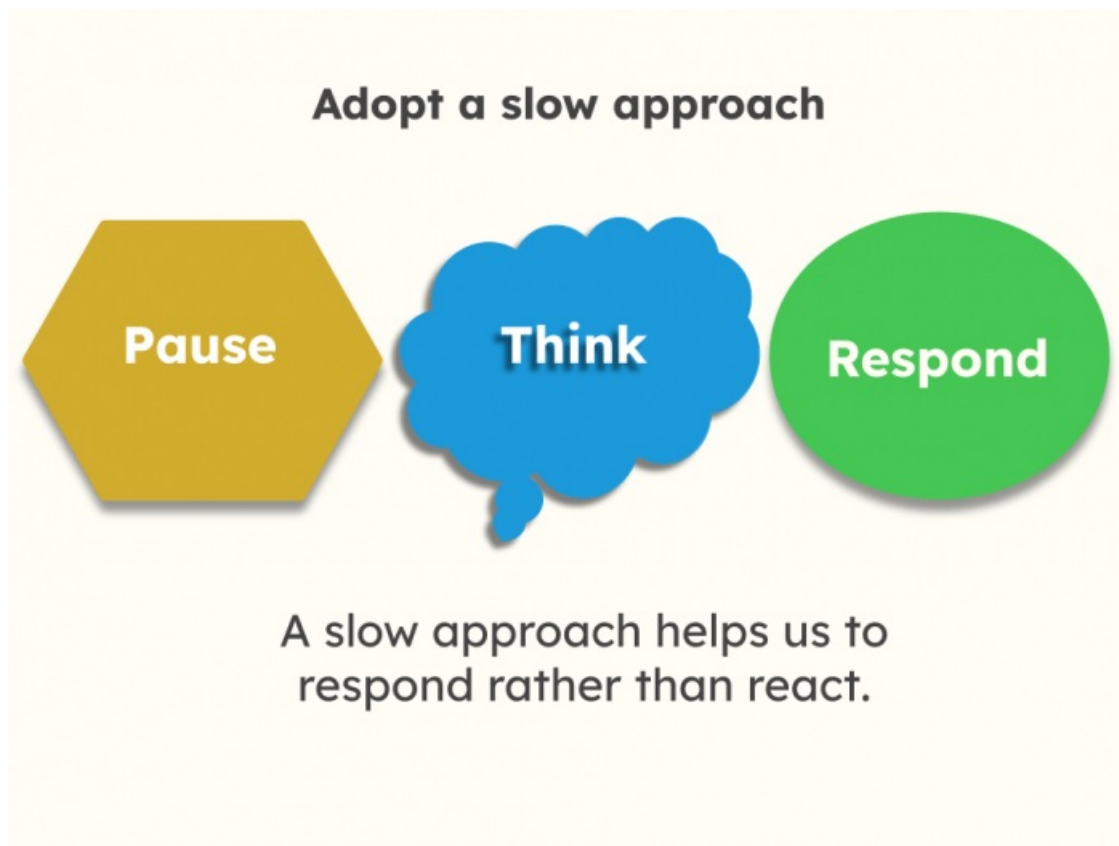


Respond rather than react



[View full image \(74 KB\)](#)

When responding, a slow approach allows us to be logical, self-reflective and relational rather than reactive. Fast thinking can be more emotional and instinctive, and we can rush into poor decisions that increase distress and do more harm than good.

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