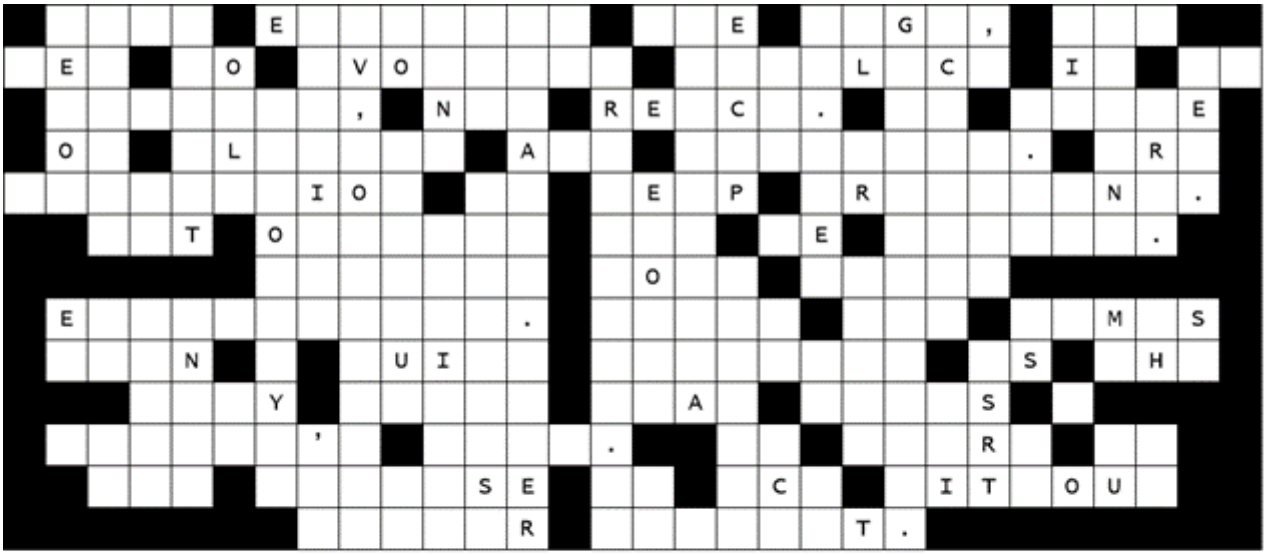
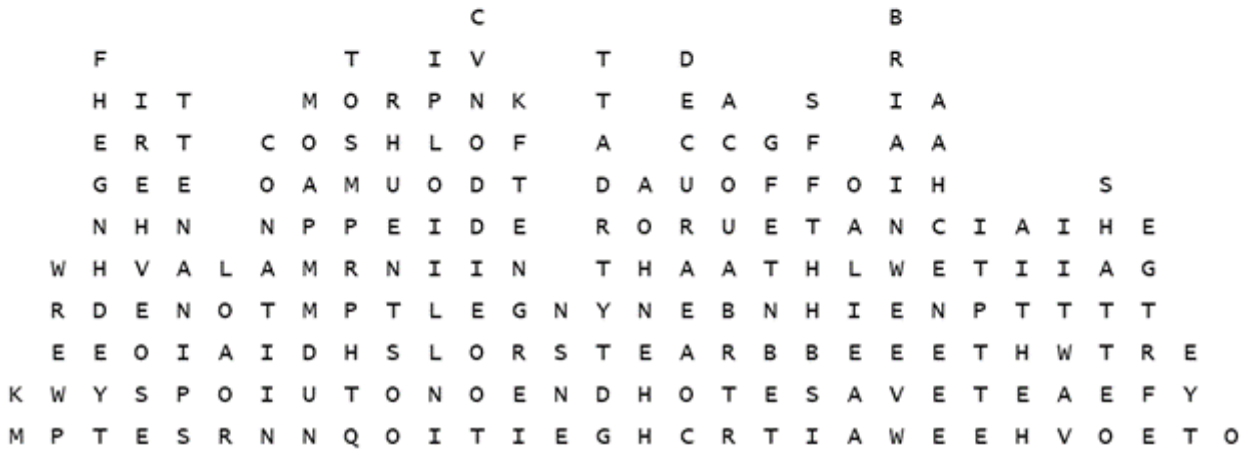
The Negative Side of Quick Reactions Fallen Phrases





Answer:

When emotions are high, the key to avoiding conflict is to respond, not react. Be aware of alcohol and caffeine. Try meditation or deep breathing. Get outside and be active. Improve your sleep environment. There are times when a quick reaction is the only thing that saves a person’s life. Be aware of the impulse to act without proper thought.