

# [Proactive: following and language](https://assignbuster.com/proactive-following-and-language/)

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Answer the following questions to help you reflect on whether or not you use a more proactive or reactive language. Save document as 4. 9 Proactive vs. Reactive and submit via the assignment link provided. This assignment counts 100 points. 1. I think my language is mostly: (proactive or reactive?) I think my language is mostly proactive. I try to look at life with an “ I can do" attitude. 2. Some phrases I use a lot that is proactive is: “ I choose", “ I will", “ Let’s look at what we can do". 3. Some phrases I use a lot that is reactive is: “ I don’t have the time", “ They make me so mad", “ I don’t understand". 4. I can replace my reactive phrases with the following proactive phrases: “ I can try to understand", " I would prefer this instead of that", “ I choose" 5. Someone in my life who is a really good example of how to use proactive language is: My parents are really good examples of how to use proactive language. They often encourage me and have a positive attitude towards life. 6. The places or situations in my life where I tend to use proactive language are: I tend to use proactive language when I feel like I am in control. Especially in situations like when I am trying to find a solution to a problem or when I am trying to improve on something. 7. The places or situations in my life where I tend to use reactive language are: I am most likely to use reactive language when I don’t want to take responsibility for something or when I feel like I am the victim of a situation. When I am having a bad day or want to get out of doing something I use reactive language.