

Proactive: following and language

[Entertainment](#), [Movie](#)



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.