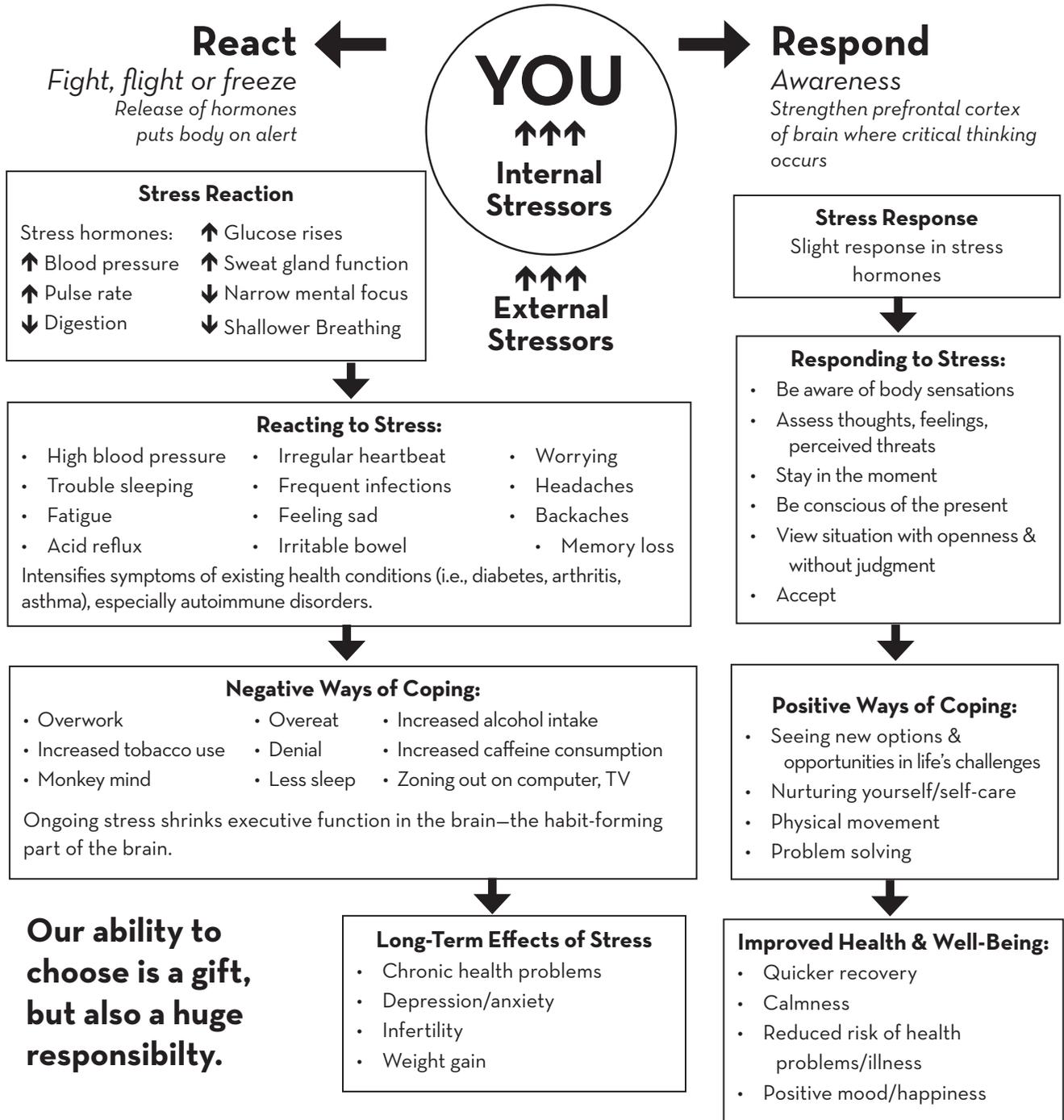


Responding Versus Reacting

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.
—Viktor E. Frankl

The brain is set to either ramp up stress and, with it, extremes, or to process experience and return to joy.



Adapted from: Kabat-Zinn, J. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness*. New York: Dell Publishing.