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Impair Healthy Healing In People Over The Age Of 30!

Overreaction

By Rinatta Paries

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Has the following ever happened to you? You are discussing an issue with your partner when the discussion suddenly turns into a heated argument. Neither person knows what happened or how to make it better. A battle ensues and lots of feelings are hurt.

This is overreaction in progress.

If this sounds familiar, it's because most of us have been in this situation. Want to know how to deal with these types of situations and understand why they happen? Welcome to Overreaction 101.

Everyone has some painful memories from past relationships and interactions. When a person overreacts in the present it is usually because a painful memory from a past incident is being triggered.

The person whose painful memory has been triggered is no longer having a conversation in the present moment, but is reliving a past event. He or she may be having an old argument with the person who originally caused hurt feelings. Or he or she may be reliving an old hurt, feeling as if it is happening all over again.

This is why the reaction is so strong, why it is an overreaction. It's as if a wound that just barely started to heal is ripped open, and the person is now in a huge amount of pain.

There are six steps to take in order to effectively handle a person who is overreacting. If your partner is the one who tends to overreact, apply these steps when overreaction happens, and also share these steps with him or her in a moment of calm.

If you are the one who tends to overreact, arm your partner with the six steps below to protect him or her and your relationship.

1. Have compassion in the same way you would if a real physical wound was ripped open.

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A person overreacting is in real pain. Yes, they are lashing out at you, saying hurtful or inflaming things, maybe even being offensive. But these are the exact signs of a person in pain. See if you can stop from having a reaction yourself, and instead feel compassion.

2. Table the current discussion – you will not resolve it at this point. Make a mental note to return to it soon.

A person in the middle of an overreaction is extremely unreasonable. Try as you might, there is virtually zero chance you can have a normal conversation with him or her, or get anything accomplished. However, if you try to continue a conversation with someone who is having an overreaction, you are guaranteed one outcome – a huge fight.

3. Don't take the overreaction personally under any circumstances. This is not at all about you.

Seriously – it really is not about you. No matter what is being said in the middle of the overreaction, it is not about you. If you take it personally and get hurt over it, you are simply joining your partner in overreaction.

4. Remove yourself from the situation.

Once your partner overreacts, the topic that triggered the overreaction needs to be tabled until a better, calmer time. Meanwhile, you need to remove yourself from the situation temporarily to avoid feeling abused.

If you feel as if you are being hurt, unjustly accused, if you feel angry, feel as if you want to lash out, remove yourself from the situation temporarily, but immediately. This means put on your shoes and coat and walk out the door. Go for a long walk. Go shopping. Go to a movie. Go have a cup of coffee. Go sit in your car and call a friend. Do something that feels good and removes you from the situation.

5. Once things are calm, don't ignore what happened.

Don't let sleeping dogs lie. In other words, once you have peace back, don't walk around on eggshells in order to prevent triggering another overreaction. Don't avoid talking about what happened in an open, honest, non-hurtful way.

Initiate a conversation to better understand what happened. Start with something like, "You had a very strong response to our last conversation."

Then, if your partner seems open, ask questions such as:

- * What were you feeling?
- * What did I remind you of?
- * What did the situation remind you of?

Listen to everything your partner has to say. Remember compassion. Do not defend yourself, or negate anything your partner is saying. This is not about you.

6. At a later point, continue the discussion.

At a later point, discuss with your partner how you are similar and different from the person who originally caused him or her pain. Clarify what you meant by the words that triggered the overreaction. Discuss ways to deal with overreaction in the future, perhaps some key phrases you can say to each other to stop overreaction.

If you can follow the above guidelines, you will find yourself in an intimate relationship with fewer fights and overreactions and much more closeness, intimacy and trust. You can use the same process in any relationship, business or personal, with the same trust–building benefit.

Handling overreactions in others or in yourself is hard work, and you may find yourself wishing you had help. If this is the case, I am available to help, in both a one–time coaching session format or for ongoing coaching. For more info on how you can get help, go to <http://www.whatittakes.com/Coaching/coachingservices.html>

Wishing you an overreaction–free week!

Your Relationship Coach,
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www.WhatItTakes.com

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Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at www.WhatItTakes.com or e–mail her at coach@WhatItTakes.com.

Do You Know These Common Allergy Symptoms?

By Vance St. John

You know you're allergic when you react to certain substances you've been exposed to before. For instance, you may have eaten shellfish before but the next time you eat foods containing shellfish, you develop rashes.

An allergy occurs when your body overreacts to things that don't normally cause problems for most people. These things are called allergens and your body's overreaction to them are what causes allergy symptoms.

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Common Allergy Symptoms are:

· Runny nose · Watery eyes · Itchy nose, eyes, and roof of mouth · Sneezing · Stuffy nose · Pressure in the nose and cheeks · Ear fullness and popping · Dark circles under the eyes · Hives

What Causes these Allergy Symptoms?

No one really knows why someone develops allergy. Studies have shown that allergy may be hereditary or genetic. Others say that allergy is just something that develops over time and disappears, also over time. But one thing is certain, there are certain specific factors found in the environment that can trigger the body to develop allergy symptoms.

The most common allergen is pollen from trees, grass, and weeds. Allergy symptoms caused by these allergens often occur in the spring (late April and May) and may also occur late in the summer (late May to mid-July). Ragweed allergens may also cause allergy symptoms in the fall (late August to the first frost).

In direct contrast to pollen, which is airborne, molds are contracted by contact through the skin. Mold is common where water tends to collect, such as shower curtains, window moldings and damp basements. It can also be found in rotting logs, hay, mulches, commercial peat moss, compost piles, and leaf litter. Allergy symptoms caused by molds become worse during humid and rainy weather.

Another common type of allergen is animal dander. These are proteins found in the skin, saliva, and urine of furry pets, such as cats and dogs. You can develop allergy symptoms from handling an animal or from coming into contact with house dust, containing dander.

Various more allergens are contained in dust. One of them is dust mites, which are tiny living creatures found in bedding, mattresses, carpeting, and upholstered furniture. These mites live on dead skin cells and other things found in house dust, and coming into contact with them may result in allergy symptoms.

How Can We Control Allergy Symptoms?

Unless you live in a vacuum, it is extremely difficult to avoid allergens all together. But with a little management and control, you can reduce the occurrence of allergy symptoms caused by these allergens.

Keeping clean is always the first step in controlling allergy symptoms. Before bedtime, it is advisable to shower or bathe to wash off pollen and other allergens in your hair and skin. You can also reduce the amount of mold in your home by frequently cleaning those places where mold often accumulates.

Avoid going outside the home during dry, windy days. Keep windows and doors shut, and use an air conditioner at home and in your car. This is one way to keep yourself from developing allergy symptoms caused by pollen and other airborne allergens.

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To find out more about allergy symptoms, allergens and remedies just visit the authors website at:

<http://www.allergie-beratung.com/>



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