



UHV-I Session 9

Fulfilment in Relationship – Trust

Shifting from reaction to response in relationship...

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation
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Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

8.1. How many persons, in your family and friends, do you have trust on intention (natural acceptance) – unconditional, continuous?

You always make effort to improve mutual competence

(your own competence as well as the competence of the other)

rather than getting irritated, angry or having a feeling of opposition

(even for a moment)

8.2. In case you get angry/irritated:

- Do you feel happy when you get angry? And when you express your anger?
- What is the outcome when you express your anger? Is it mutual happiness?
- What is the reason for your anger? Is it the other or you?

8.3. Talk to 2 close friends you may have lost, due to lack of trust. Tell them you have realised the difference between intention and competence... and that you want to reconnect. Write down their response or reaction – you may like to share it in the next session



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Right Here Right Now

Watch the short film "Right Here Right Now"

It is about human behavior directed by Anand Gandhi

Source:

Part 1: <https://www.youtube.com/watch?v=OVAokeqQuFM>

Part 2: <https://www.youtube.com/watch?v=gIYJePEnvUY>

We will discuss your observations:

1. Interactions with each other – reaction or response?
2. Are the actions indicating right understanding, trust?
3. Your own interactions, your own state and what you can do to further develop yourself

Reaction



Response

You decide your feeling based on the behavior of the other

Your feeling depends on whether you like or dislike the (taste of the) behavior of the other

- If the other behaves properly, you have a right feeling and may behave properly

- If the other misbehaves, you have a wrong feeling and you may also misbehave

Your “remote control” is with the others

You are “enslaved”
Your conduct is indefinite



You decide your feeling on your own right
It is based on right understanding

You always have the right feeling
It is definite and unconditional

- **The behavior of the other is only an indicator of the state of the other**

- With that input you decide your behavior to ensure mutual happiness

You decide your own behaviour

You are self-organised
Your conduct is definite



Evaluate the following – were they reactions or responses?

Grandmother telling Shruti to elope

Reaction?

It is influenced by Shruti's likes rather than for the overall harmony in the family

It may make Shruti excited for some time, but what about Shruti's father?

Doctor helps injured boy

Response?

Shruti drops the bag when doctor does not arrive in time

Reaction?

Doubt on intention, Lack of trust

Auto driver offers tickets to the maid's daughter

Reaction?

Motivation was right feeling or pleasure?

Write 5 other interactions and evaluate them

Self Reflection

In your own interactions, find out

- **the % time you are responding**
- **the % time you are reacting**

What is the effort required to progress from reaction to response?

- To develop the right understanding (at least about relationship)...
(this will be discussed further in this course and in detail in the UHV-II course)
- To be aware of your imagination, develop the right feeling within
- To “repair” the damage from past reactions

Response is naturally acceptable, reaction is not acceptable naturally

Reaction could be positive or negative, but it is not based on right understanding, right feeling

We may be reacting inside, and may not be expressing it outside many times. But that is also reaction, and not naturally acceptable

Reaction is due to lack of assurance on the intention of the other

With trust on the intention of the other, we respond every time



Home Assignment

Home Assignments

9.1. Note your behaviour throughout the day

- At home
- In the school/college/workplace

List how many times you responded in your behaviour and how many times you reacted. Calculate the percentage of reaction and response in your behaviour.

9.2. Note any two situations where you reacted. Now explore to see what would have been your 'response' in those two situations everything else remaining the same.

9.3. Make a 3-5 member team and record on mobile a 1-3 minute skit about what you all understand about reaction-response



Questions?