



## Restraint and Email

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There are times in life some restraint goes a long way in saving relationships and situations, both with yourself and others.

I recently had a conversation with a friend who received an email that made her angry. Luckily, she called me before firing back a response. As we talked about the situation, I suggested that restraint might be best in handling the situation. Before she confronted the person who had upset her with an accusation of betrayal, she needed to step back, regain her composure, and think clearly about how best to respond.

Email is a great modern tool of communication, but because it is so instant, people often react instantly before thinking the situation through and this causes many more problems or misunderstandings. Recently, I only read the opening sentence of an email, and before I had even finished the sentence I was on the phone to the person who had sent it asking them how could they even think that of me. If I had read the whole email I would have realised that they weren't saying what I thought they were saying in the first place. Infact the message for me was a wonderful message and one I had been hoping to happen. My friend and I both laughed about it, but I could have done serious damage.

We've all had similar experiences, for example your boss says something stupid to you in front of colleagues and you get so angry that you storm out of the room. Or, you find yourself in the middle of the same old argument with your spouse or children and you hear yourself saying things that you'll later regret. These are the times when restraint can be a valuable tool, one that saves energy and a lot of hurt feelings.

Every day we're faced with situations that would benefit from a little restraint. You simply need to notice the clues. You'll know that restraint is a wise choice when:

- You can't think clearly.
- You feel like screaming.
- You feel anxiety coursing through your body and you want to react.
- You feel angry and know there's a good chance you'll say something that you'll regret later on

We all get our buttons pushed. It's just a part of life. But the growth lies in our ability to make better choices. Here are a few things you can do to insure that you take good care of yourself and others:

1. Close your eyes and breathe. When you're caught off guard, your body's fight or flight system gets activated and it's as though all systems suddenly go on red alert. This means you're operating in survivor mode, which is not good for making wise choices. By closing your eyes and taking several slow, deep breaths, you'll immediately cause your brain to begin to gently calm you down.

2. Find a safe person to vent to about the situation. "Safe" is the operative word here. Be sure to choose someone who will listen well and allow you to vent your feelings and someone you can trust. Don't choose someone who simply fuels the drama by egging you on with their opinions of how you've been wronged.
3. Get more information. Before you confront the other person with your assumptions, ask questions. For example, if an email pushed your buttons, ask the sender what he or she intended to communicate. By now, most of us know that we miss the tone of a person's message when we communicate via email. Make sure you have the facts before accusing someone of a damaging act. Often there could just be a mis-communication or understanding.
4. Have a sane conversation with the person involved. Be sure to speak from the "I" position and simply let him or her know how you feel and what you need. If the connection is important, you might even start your exchange by acknowledging the value of the relationship first.

The next time you find yourself in overreaction mode, try to practice restraint. By choosing to step back and put some space between you and an immediate response, you not only protect your relationships, you preserve your self-respect.

Good Luck

#### **Angel Blessings**

### *Julie and Steve*

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#### **From the Angels:**

Your angels are standing by waiting for you to ask for their assistance. Don't worry that any request is too large or too small. If we can help, we will do so immediately and you will soon see results of our assistance."

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#### **Julie Lomas M.I.A.C.H.T.**

Julie is a Usui Reiki Ryoho Master / Teacher, Angel Therapist, Crystal Healing Therapist, Physic Reader, Past Life Regressionist

Julie holds a Bachelor of Arts Degree in Education and is the founder member and Managing Director of Conscious Connections.

She is a member of the International Association of Crystal Healing Therapists and has been practicing and teaching these holistic therapies for 14 years.

She has been conducting regular International workshops and seminars on Reiki, Angel Therapy, Crystals, stress and relaxation in the Middle East Gulf Countries, USA, Greece, Europe, and UK for 12 years.

Her life focus is now to bring spiritual healing into the mainstream business world and helping people from all sectors of the world community to empower themselves.

Julie also writes for several magazines and publications

### **Steve Ritchie**

Steve is a Usui Reiki Ryoho Master / Teacher /Practitioner, Angel Therapist and Crystal Therapist (in professional training). Steve holds an MBA in General Management and is Managing Director of Conscious Connections.

Steve spent over 25 years in international corporate business. His life focus now is on bringing spiritual healing into the mainstream business world, addressing area's such as personal confidence, leadership and stress management, through the use of meditation, chakra breathing, Reiki, Angelic Therapy and Crystal Healing.

Steve has been conducting Reiki, Angel Therapy, stress and relaxation workshops for several years.