

The new book from *New York Times* Bestselling Author Lysa TerKeurst

UNGLUED

MAKING WISE CHOICES IN THE MIDST OF RAW EMOTIONS

Determine Your Reaction Type

In Chapters 4-6 we discussed the four kinds of reaction types:

- Exploder that Blames Others
- Exploder that Shames Themselves
- Stuffer that Builds Barriers
- Stuffer that Collects Retaliation Rocks

To help you determine which reaction type you are, you can take the more extensive quiz at www.Ungluedbook.com. But first, take this simple inventory to quickly get an initial idea of your reaction type.

It's important to note when you take this simple inventory, you need to think of one relationship at a time. As we discussed in the chapters, our reactions change with different relationships.

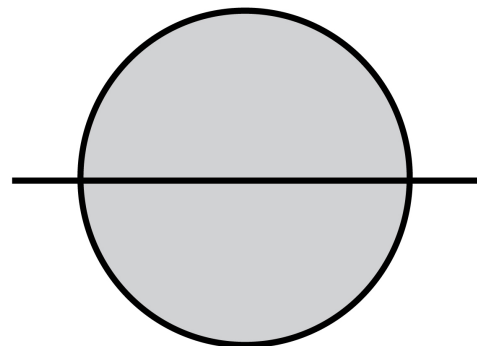
So, think of one person in your life like your mother, spouse, child, boss, etc.

When you have a conflict with this person are you more likely to want to process your frustration outwardly? Or are you more likely to stew about it internally?

If you process by stewing about it or needing to get by yourself to think about it before deciding to address it or not, you are more than likely an internal processor with this person and fall into the top half of this graph.

If you process by talking or yelling about it, you are more than likely an external processor with this person and fall into the bottom half of this graph.

INTERNAL PROCESSER

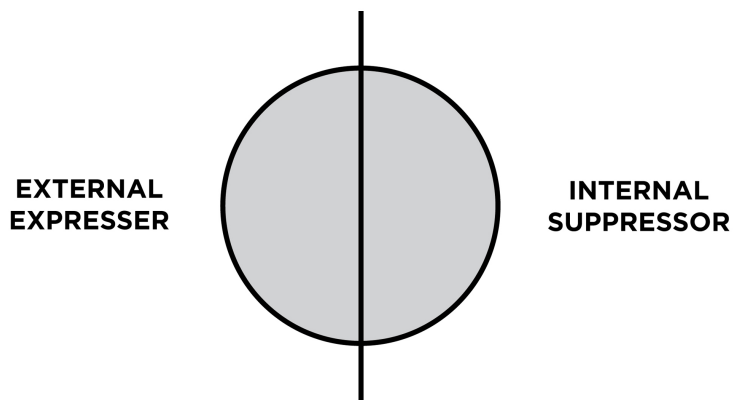


EXTERNAL PROCESSER

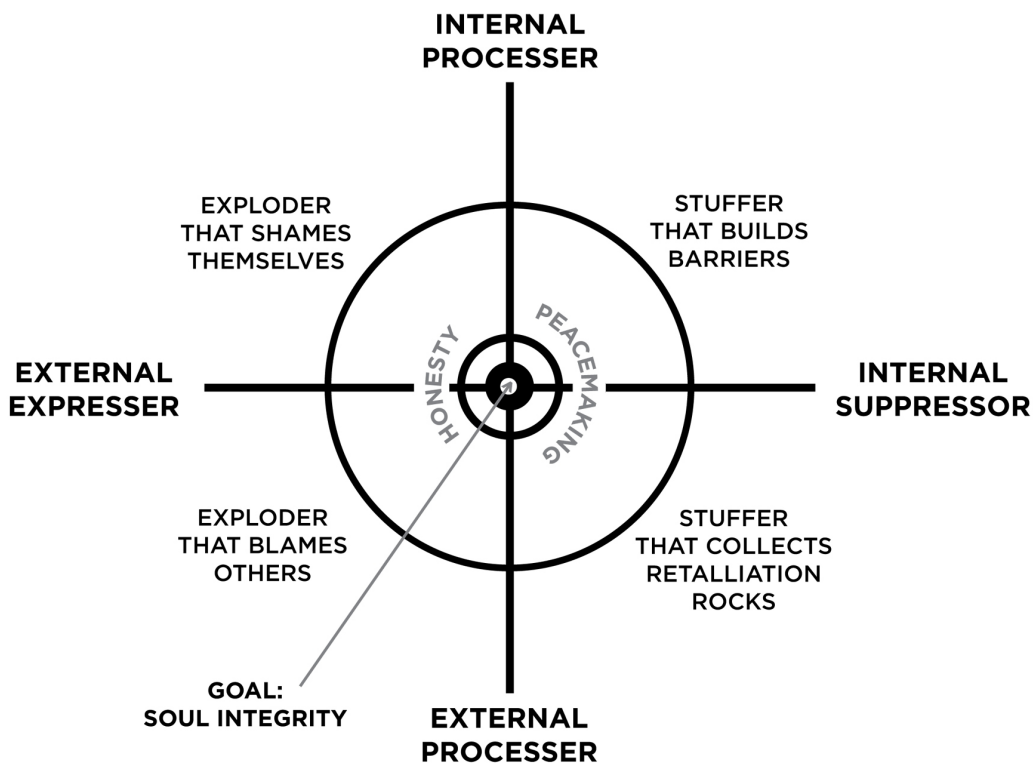
Next, think about the way you handle addressing an issue with this person. Are you more likely to talk or argue with them about the issue at hand or just pretend you are fine?

If you are more likely to address the issue you will fall into the left side of this graph as an expresser.

If you are more likely to not address the issue and instead just pretend you are fine, you fall into the right side of this graph as a suppressor.



Now that you've identified each of these determinants, you can see which quadrant you fall into with this next graph and identify your reactor type with this particular relationship:



Now remember these important things:

- With different relationships you will likely fall into different quadrants. So thinking about each of your important relationships, retake this assessment.
- We aren't using this as a label of condemnation. This is a gentle conviction that helps us see the areas we need to work on. By implementing the strategies in this book, we can be well on our way to having healthier reactions which means healthier relationships!
- If you are an expresser there is a really good side to this - your honesty! See it on the chart. Just remember to balance your honesty with the godly principle of peacemaking.
- If you are a suppressor there is a really good side to this - your peacemaking ability. See it on the chart. Just remember to balance your peacemaking with godly honesty.
- The Goal in all of this is "Soul Integrity" as indicated in the bull's eye. Soul Integrity happens when we have honesty that is also peacemaking in each of our relationships.



Sometimes we need a friend to encourage us as we make right, godly, healthy changes. Lysa TerKeurst does just this in her new book *Unglued*.

For more information, visit <http://www.ungluedbook.com>

Lysa TerKeurst is a *New York Times* bestselling author and speaker who helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey.

To hear more from Lysa TerKeurst on a daily basis, check out www.LysaTerKeurst.com.

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