

"The heart of happiness is the realization that we can always choose our reactions."

$$\underline{E + R = O}$$

**E= event**, something that happens

**R= response**, our response to those events

**O= outcome**, the result of our response to those events

Sometimes we complain about the outcome of this equation. For instance, we complain that our boss doesn't appreciate us, that we feel angry, feel guilty, that our mate doesn't understand us. These are all outcomes that have been created as the result of how we have responded to an event. Often we hope, pray or demand that outside events change...If only my boss were more understanding...if my mate would only...if my mother only understood...if people would only...

These outside events and other people rarely change in the way we want them to. In order to produce a different outcome, we have to change our response to these events. The power lies in our response.

E+R=O means that if we want changes in our lives, we need to stop focusing on the events, circumstances, and other people, and start focusing on our response. It isn't other people that "make" us feel things. We are responsible for our own feelings and we have control over how we feel and how we react to others. Don't fall into the trap of blaming other people for what happens to you. Take responsibility for your life and actions.

“Life is 10 percent what happens to us  
and 90 percent how we react to it.”

Identical events occurring to two different people may produce two distinctly different responses. Consider this: two wives get flowers, one melts with passion, and the other demands to know what he's up to. Identical events occurring to two different people and producing two different responses. Clearly proving that it's not the event, rather, the response to the event which will determine the ultimate outcome of that event.

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