

Conversation 26 – E+R=O (Event + Response = Outcome)

Purpose: To help you improve how you respond to any and all events that occur in day-to-day living.

Let's jump right into this one. Imagine someone is tailgating you. And I mean they are *right up on your bumper!* Think about what you do at that moment.

Jot down your first thoughts: *What do you do when someone's tailgating you?*

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We all have options. Right? Do you tap the brake pedal? Do you try to move out of their way? Or do you wave at them (with one finger)?

My alleged tailgating incident:

In the summer of 2016, I was apparently driving a bit too close to the person in front of me. When he *finally* put on his blinker to turn right, halfway through the turn he hit the brakes. I had to swerve to miss rear-ending his car. What nerve! At that moment, I really wanted to lay on the horn, but I remembered my fifteen-year-old daughter was sitting in the passenger seat. We were going to our church parking lot where I was to bestow good driving lessons. At that very moment, this formula popped into my head: *E+R=O*.

What does E+R=O mean?

In 2004, author Jack Canfield outlined this formula to help people improve how they respond to any event that occurs in day-to-day living. **E+R=O (event + response = outcome)**

Events happen all day every day. We take great notice of those that are unexpected or stressors. The key is to change your gut reaction to a thoughtful response. In this manner, you are much more likely to achieve the desired outcome. But *how* do you do it?

Believe it or not, it's simple. First: *Press pause*. Then, ask yourself: *What does this situation require of me?*

Here, you are engaging your executive-brain and making a measured response instead of an emotive reaction. And remember: *Your Response creates an Event for someone else*. This is one of the most important points. Our success or failure is not determined by what happens (an event) to us. It is determined by how we respond. Consider the questions below. Jot a few things that come to mind.

How might you *respond* the next time someone really irritates you?

What difference might your thoughtful response make, versus a gut reaction?

Challenge: Practice thinking about $E+R=O$ for the next 24-hours. Look at everything as an *event*. Then, when the formula is in your brain, watch for an irritating *event*. Check yourself on how you respond. Pressing pause takes a lot of practice. Are you willing to give it a try? This can be a game-changer at both home and work.

For additional reading: Canfield, Jack (2004). *The Success Principles*. New York: Harper Collins.

General Reflections:

One thing that struck me about this topic was: _____

I'm still pondering (*and may seek more information on*): _____

As a result of this reflection, I plan to: _____
