

# Reciprocal Escalation Conflict

## “Which Way Will We Go?”

*Our first line of defence against unhappiness is refusing to believe that we are the victims of the bad intentions of others. The formula is: Do not blame the trigger. The world is full of triggers; in fact, life is designed like that, so that we will truly practice. We can be grateful for all these triggers, as without them we might never recognize our own unfortunate reactions. (Ayya Khema in “Visible Here and Now”)*

<b>#1 — Trigger Event (any painful event)</b>
<b>#2 — Reaction (hurt, fear, anger)</b>
<b>#3 — Abatement (“count to 10”)</b>
<b><i>Which Way Will We Go?</i></b>

<b>1</b>	<b>2</b>	<b>3</b>
<b>“Get Back” or “Act Out”</b>	<b>“Get Away” or “Hide”</b>	<b>Make Up Your Mind</b>
Vengeance / return the hurt	Withdraw / pout	Conciliation / guided conversation
Re-vengeance / increase the harm	“Cut off” / disappear	Reconciliation / balance the emotional books
Hostility / reactivity / repetition	“Cold war” / distance	Informed decision