When you are in the habit of using reactive language, it ultimately reinforces the belief that you don't have control over your day to day life. Reactive language causes you to feel like you are powerless and aren't responsible for your choices. By changing to proactive language, you acknowledge that you do have the power to make choices and take control of your life.

**PROACTIVE LANGUAGE**

- "Let's look at our alternatives."
- "I can try a different approach."
- "I control how I react to my feelings."
- "I can accomplish my assignment."
- "I choose..."
- "I prefer..."
- "I will..."

**REACTIVE LANGUAGE**

- "There's nothing I can do."
- "That's just the way I am."
- "They make me so mad."
- "They won't allow that."
- "I have to do that."
- "I can't..."
- "I must..."
- "If only..."