



Episode 133: But Is It A Tiger?

We all experience irritations and frustrations no matter what kind of life you lead. But how often do you find yourself replaying these situations in your mind and stewing in your anger and emotions? Even if the situation has passed, we may still be holding on to them and even let it affect our decision making. In this short episode, Rachel explains why we need to distinguish the difference of tigers from cats --- the major irritations and the negligible frustrations.

Remember: not everything is a tiger, so you don't need to always respond like it is. If you want to better understand your emotions and boundaries and how you see threats and irritations, this episode and workbook are for you.

Podcast links

Sign up for a [free self-coaching toolkit!](#)

Download our [Overwhelm SOS Toolkit](#)

Check out our [Permission to Thrive CPD membership](#) for doctors.

Find out more about the [Shapes Toolkit](#) training, talks, and workshops.

[Sign up here](#) for more **free** resources.

Join the [Shapes Collective FB group](#).

Become a member of the [Resilient Team Academy!](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Check out the [Faculty of Medical Leadership and Management](#) if you want to attend the Leaders in Healthcare conference and attend my face-to-face workshop on leading without rescuing.

Are you interested in joining our You Are Not A Frog retreat? Or perhaps you have some questions about failure. Drop us an email at hello@youarenotafrog.com to let us know!



Quote to remember:

“That pause button is your friend, because when we're in that fight flight, freeze, or fawn response, the first thing we want to do is respond --- to either make it better, or to make that person know exactly what they've done to us. We need to take that break and we need to pause. Often, we need to pause for a lot longer than we think we need it for.”

What You Will Learn

It's not easy to control emotions and our reactions when we're in the heat of the moment.

The way we respond to problems and irritations are often the same even if the situation itself is not. As Rachel shares in the episode, not everything is a tiger. Some are cats that we don't need to stress over. There's no magic nor instant way to become calm, it takes intentional practice. The more you can distinguish the tigers from the cats, the better you'll be able to respond to the situation.

Completing this exercise is a kind of self-coaching. You'll be assessing your past experiences and get a better grasp on what matters to you. By carefully observing your reactions, you'll be able to catch yourself when you're becoming too affected. The more you practice, the better you'll be at controlling your responses and emotions.

Activity: Distinguish Your Tigers

Q1. Describe how you typically react to irritations and frustrations.



Q2. Let's look at extremes. Recall a time when you reacted so badly that it had negative repercussions. Describe your reactions and the situation as much as possible.

Q3. Now, let's look at the opposite. Recall a time when you reacted so well that it led to positive repercussions or feedback. Describe your reactions and the situation as much as possible.

Q4. What do you feel about the way you typically respond? Do you think you react more negatively than you do positively? Feel free to describe your feelings through words or a scale — whichever you're most comfortable with.

Q5. After listening to the episode, what do you now understand about your emotional 'tigers'?



Q6. From the previous questions, let's look at whether they are really tigers. In the space below, write down the situation, what kind of tiger/threat you think it is, and whether it's really a tiger you need to be worried about.

Situations	What kind of tiger or threat?	Is it really a tiger?

Q7. What do you observe about the way you respond? What kinds of tigers/threats trigger you the most?

Q8. Over the next few days, observe your reactions without judgement. In the space below, note down when you think you've held onto an irritation far too long and when you were able to calm yourself.

Q10. Based on your observations, how do you think you can improve?



CPD time claimed:

For more episodes of *You are not a frog*, check out our website www.youarenotafrog.co.uk; follow Rachel on Twitter @DrRachelMorris and find out more about the [Permission to Thrive](#) CPD membership for doctors and online and face to face courses on surviving and thriving at work at www.shapestoolkit.com