

Peace and Self Control

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Between stimulus and response, there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.

– Victor Frankl

Victor Frankl was an Austrian psychologist and a Holocaust survivor. Despite the horrors of his experience, he found a way to cultivate peace within himself and share it with others. His book *Man's Search for Meaning* was one of the bestselling books of the 20th century.

We live in a world full of reactivity, one where there is little space for practicing listening, understanding, and nurturing peace. If we are not careful, this reactivity surrounding us has the potential to infect us and our relationships.

The Frankl quote reminds us of the difference between reacting and responding. Putting space between something that stimulates or triggers us gives us the capacity to respond rather than react. This is a perfect example of self-control, one of the other fruits of the Spirit.

Try taking a breath, or ten, the next time you want to react immediately to something or someone that irritates or upsets you. Take time to pray, to journal, and reflect. Creating the space you need to form a response provides a greater chance of creating peace rather than escalating conflict.