

Personal Pressure Cooker

When we are under pressure, our innate tendencies often become more pronounced. By understanding how stress can present itself through the seven Emergenetics Attributes, you can determine signals that may be a precursor to burnout.

Estimated Time: 10 minutes



Instructions

1. Reflect on the last two instances where you experienced significant pressure and stress.
2. Consider what you were thinking, how you acted and how you felt.
3. Review the list (on the next page) of the Attributes at their extremes and check off any actions that resonate with you.

Note: If you have an Emergenetics Profile, pay particular attention to your preferred Attributes.

4. Going forward, be mindful of when these actions surface to identify signs of stress.

How Stress May Emerge

When I am under stress, I may...

ANALYTICAL	<p>Appear overly skeptical</p> <p>Ask for thorough evidence and value</p> <p>Question expertise</p> <p>Seem distant</p> <p>Respond curtly</p>	<p>Seem disconnected and disengaged</p> <p>Become preoccupied with the future</p> <p>Imagine negative potential possibilities</p> <p>Act impractically</p> <p>Appear scattered and unable to focus</p>	CONCEPTUAL
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STRUCTURAL	<p>Take ownership of every aspect of the project or task</p> <p>Adhere strictly to the process, rules and guidelines</p> <p>Appear to be rigid</p> <p>Nit-pick information and content</p> <p>See things in black and white</p>	<p>Act overly emotional</p> <p>Fixate on the impact to others</p> <p>Take things personally</p> <p>Appear to be a push-over</p> <p>Ignore reason</p>	SOCIAL
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<p>1/3</p> <p>Look disengaged or bored</p> <p>Limit participation</p> <p>Seem aloof</p>	<p>← EXPRESSIVENESS →</p> <p>3/3</p> <p>Appear dismissive</p> <p>Repeat same concerns and issues</p> <p>Overshare</p>
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<p>1/3</p> <p>Appear indifferent and passive</p> <p>Seem reluctant to make a decision</p> <p>Progress slowly</p>	<p>← ASSERTIVENESS →</p> <p>3/3</p> <p>Act demanding</p> <p>Prioritize my own agenda and inputs</p> <p>Speed through work</p>
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<p>1/3</p> <p>Appear to be stubborn</p> <p>Double down on what was committed to</p> <p>Become adamant about staying on track</p>	<p>← FLEXIBILITY →</p> <p>3/3</p> <p>Seem indecisive</p> <p>Switch gears and directions constantly</p> <p>Act uncertain or ambivalent</p>
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