

Pressure & Performance: Your “Go To” Behaviors

What are your “go to” behaviors when you are strained and overwhelmed? Circle any or all that apply.

Forgetting the human factor	Shutting Down
Sarcasm	Gossiping
Assuming ill intent	Snapping (losing temper)
Defensiveness	Overreacting
Slowing down/speeding up decisions	Excessive venting
Perfectionism/micromanagement	Self-medication
Ruminating	Loss of perspective
Self-importance/No importance	Muscle tension
GI distress	Passive-aggressiveness
Add any additional behaviors below:	

What's Stressing You Out?

Use this space to unpack your stressors.

What is stressing you out at work?

What is stressing you out at home?

What else is stressing you out?