



C-me Stress Test

In each segment circle the one statement that best describes your behaviour when under stress. When I am stressed I

<ul style="list-style-type: none"> a. Become hypersensitive to my own and others' emotions b. Blurt out harsh words and critical statements about others c. Feel disapproved of, disliked and rejected by others d. Make up "logical plots" and rationalisations to explain situations 	<ul style="list-style-type: none"> a. Become stubborn b. Start to micromanage and seek to control all outcomes c. Become manipulative and coercive d. Become excessively rigid and rule-bound
<ul style="list-style-type: none"> a. Misinterpret comments from others as personal criticism b. Put others down by pointing out their mistakes c. Become disorganised, chaotic and rush around d. Become compulsive in search of the "truth" 	<ul style="list-style-type: none"> a. Shut down and worry excessively b. Become inflexible in decision making (I am right) c. Lose focus and become easily distracted d. Look for perfection rather than an 80/20 solution
<ul style="list-style-type: none"> a. Feel like a victim, unappreciated and used b. Make decisions too quickly and display knee jerk reactions c. Become forgetful and misplace things d. Turn to experts for advice and complain if they don't know 	<ul style="list-style-type: none"> a. Feel devalued as a human being b. Make caustic remarks about others c. Blame others for not appreciating me d. Engage in excessive logic
<ul style="list-style-type: none"> a. Become defensive and feel threatened b. Become increasingly impatient and irritable c. Become over-emotional and argumentative d. Become concerned about not appearing "professional" 	<ul style="list-style-type: none"> a. Feel fragile and needy b. Order people around c. Start to chase my tail, but get very little done d. Become aloof and detached
<ul style="list-style-type: none"> a. Become overly concerned about the welfare of others b. Become impatient with people who are not as quick c. Become fearful of other people's disapproval d. Withdraw and become pessimistic seeing only the negatives 	