

## ***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:	