

Relationship Strategies • People You Know



Your Style at Work

This exercise will give you insight into what causes you stress at work and how to deal with it.

1. What work-related experiences/situations do you find most stressful? Specifically, just what is it about these situations that generates stress?

2. When you feel upset at work, how do you typically react?

3. Think about a work-related situation coming up soon that you feel may be stressful. Based on your typical behavioral pattern, how are you likely to handle it?

4. Which people cause you to experience stressful feelings during the course of your workday? What things do these people do and say that you find so unpleasant?

5. How do you typically react to people who have a behavioral style least like yours? What are the effects of your reaction(s)?

6. Your two least desirable negative behaviors are:

7. How do these behaviors affect your work?

8. How could you adjust/modify these behaviors to work for you instead of against you?

9. How can you adapt your behavior with each style to enable others to be more comfortable with you?

Owls:

Doves:

Eagles:

Peacocks:
