

Stress and the Thinking Attributes

- **Over-analysis & data paralysis**
- **Skepticism spike – nothing feels “proven enough”**
- **Slow decisions despite urgency**

- **Big-idea escape from reality**
- **Abandoning critical details**
- **Impulsive pivots without grounding**



- **Rigidity and over-planning**
- **Control-seeking behavior intensifies**
- **Inability to prioritize**

- **Harmony protection at all costs**
- **Conflict avoidance and emotional spillover**
- **Over-accommodating others' needs**

Stress and the Behavioral Attributes

Expressiveness

Under-communicate (withdraw, internalize, isolate), under-display (minimize)

-OR-

Over-communicate (repeat, reiterate, extend), over-display (emotions, gestures)

Assertiveness

Avoid conflict at all cost, delay decision making, lack a sense of urgency

-OR-

Escalate, push harder, operate with an abundance of intensity (impatience, agitation)

Flexibility

Dig in, refute other options, require absolutes

-OR-

Become indecisive, evade any commitments, change direction without any boundaries