

FACTORS CREATING STRESS

BLUE

GOLD

GREEN

ORANGE

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| <ul style="list-style-type: none"> • Broken Promises • Too Much Negative Criticism • People talking about them behind their backs • Not discussing what is occurring • Completing paperwork as a priority • Clock-watching • Conflict • Insincerity • Lying • Rejection • Lack of social contacts • Placing “the system” as a priority before the people in it • Being constantly compared to others and not evaluated as an individual • Too much conformity without outlets for individual expression | <ul style="list-style-type: none"> • Incomplete tasks • Ambiguous tasks • Ambiguous answers • Disorganization • Too many things going on at the same time • People who do not follow through • Too many Questions Directed at Them • Irresponsibility of others • Non-Conformity • Changing Details • A Hazard Attitude | <ul style="list-style-type: none"> • Lack of control • Lack of independence • Elaborate use of adjectives • Incompetence • Emotional displays • Lack of options • Inability to use or to display knowledge • Small-talk • Routine • Social functions • Subjective judgment | <ul style="list-style-type: none"> • Too much structure • Redundancy • Deadlines • Rules & regulations • Being stuck at a desk • Non-negotiable and imposed responsibility • Requirements to read manuals and follow “How-To” directions • Too much attention to product and not enough to performance/results • Criticism • Abstract concepts |
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