

DISC and Stress

Style	Cause of Stress	Unproductive Responses	Recent Scenarios	Adapting for More Productive Responses
D	<ul style="list-style-type: none"> • Lack of urgency • Wasting time • Goal being blocked • Not being in control • _____ • _____ 	<ul style="list-style-type: none"> • Impatient • Arrogant • Aggressive • Confrontational • _____ • _____ 		
I	<ul style="list-style-type: none"> • Being left out • Not feeling valued • Negativity • Not being able to express feelings • _____ • _____ 	<ul style="list-style-type: none"> • Insecure, emotional • Self-Promoting • Overly talkative • Pout and Gossip • _____ • _____ 		
S	<ul style="list-style-type: none"> • Overwhelmed with tasks • Unexplained change • Time pressure • Confrontation, aggression • _____ • _____ 	<ul style="list-style-type: none"> • Possessive • Withdrawn, shuts down • Hesitant • Stubborn, holds grudges • _____ • _____ 		
C	<ul style="list-style-type: none"> • Decisions without sufficient information • Criticism of their work • Making mistakes • Rules/procedures not being followed • _____ • _____ 	<ul style="list-style-type: none"> • Overly critical • Fearful • Analysis paralysis • Defensive • _____ • _____ 		