



## YOUR POSSIBLE INEFFECTIVE TACTICS IN MEETINGS

The following statements are generated from your Component Stress scores. Carefully read each statement and check the ones that are most significant to you. Remember, a statement appears because it may be significant for you, not because it is significant. Only you can decide which statements are most relevant for you.

- Can tend to be dismissive of individuals you disagree with
- Can be silent during the meeting or refuse to contribute
- May start to argue loudly, become bossy, even aggressive
- Want to win at all costs
- Can lose focus and bring in irrelevant issues