

How Stress Shows Up in My Leadership System

Purpose: Build awareness of stress patterns *before* they turn into reaction.

1) When I'm under sustained pressure, I notice changes in:

(choose all that apply)

- my breathing
- my patience
- my tone of voice
- my listening
- my body tension
- my thinking speed
- my decision-making
- other: _____

2) Under stress, my attention tends to:

- narrow
- rush ahead
- fixate on problems
- jump to solutions
- become scattered
- stay mostly the same

3) Signs that my system is under load (early signals):

(e.g. tight jaw, shallow breath, urgency, irritability)

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4) When stress goes unnoticed, it usually leads to:

(e.g. control, withdrawal, impatience, over-explaining)

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5) One insight I'm taking from this lesson is:

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Stress is not the problem.

Unnoticed stress is.