

## Part IV: Your Stress Response Tendencies Analysis

	IGNORE	REACT	ATTACK	MANAGE
16.	A	B	C	D
17.	B	D	C	A
18.	A	C	B	D
19.	B	C	A	D
20.	D	B	C	A

## Part IV: Your Stress Response Tendencies Analysis

Your stress response tendencies describe how you respond to stress. Circle each of your answers to questions 16-20 of Part IV in the corresponding table above. The category that you choose most often (e.g., Ignore, Attack) indicates how you respond to stress.

## Part IV: Your Stress Response Tendencies Analysis

**Ignore It:** You tend to ignore stress. At times, ignoring stress can be an effective coping strategy, but sometimes, ignoring stress compounds it. The key to ignoring stress productively is to be aware of what type of stress you are experiencing and then making a rational decision on ignoring it or not.

**Reacting to It:** You tend to react to stress. Your reaction to stress can be either beneficial and destructive. Managing your stress could be more beneficial.

**Attacking It:** You attack stress head on, full speed. You refuse to let the stress beat you. Sometimes letting go is more beneficial than attacking it.

**Manage It:** You do a good job of stress management. You could always still improve!