

C-me stress test

<ul style="list-style-type: none">a. Become hypersensitive to my own and others' emotionsb. Blurt out harsh words and critical statements about othersc. Feel disapproved of, disliked and rejected by othersd. Make up "logical plots" and rationalisations to explain situations	<ul style="list-style-type: none">a. Become stubbornb. Start to micromanage and seek to control all outcomesc. Become manipulative and coercived. Become excessively rigid and rule-bound
<ul style="list-style-type: none">a. Misinterpret comments from others as personal criticismb. Put others down by pointing out their mistakesc. Become disorganised, chaotic and rush aroundd. Become compulsive in search of the "truth"	<ul style="list-style-type: none">a. Shut down and worry excessivelyb. Become inflexible in decision making (I am right)c. Lose focus and become easily distractedd. Look for perfection rather than an 80/20 solution
<ul style="list-style-type: none">a. Feel like a victim, unappreciated and usedb. Make decisions too quickly and display knee jerk reactionsc. Become forgetful and misplace thingsd. Turn to experts for advice and complain if they don't know	<ul style="list-style-type: none">a. Feel devalued as a human beingb. Make caustic remarks about othersc. Blame others for not appreciating med. Engage in excessive logic
<ul style="list-style-type: none">a. Become defensive and feel threatenedb. Become increasingly impatient and irritablec. Become over-emotional and argumentatived. Become concerned about not appearing "professional"	<ul style="list-style-type: none">a. Feel fragile and needyb. Order people aroundc. Start to chase my tail, but get very little doned. Become aloof and detached
<ul style="list-style-type: none">a. Become overly concerned about the welfare of othersb. Become impatient with people who are not as quickc. Become fearful of other people's disapprovald. Withdraw and become pessimistic seeing only the negatives	