

Opportunity Areas

Intensity | Score: 1

There is such a thing as being too laid back or too casual, almost to the point of appearing as though you do not take what others have to say seriously. Oddly enough, you may be very serious about what is being communicated. The fact that you do not display strong reactions will inevitably cause some to wonder about your real feelings.

Suggestion: Maintain good, steady eye contact with those who are communicating with you; ask questions; express your appreciation when information is shared. Request that the speaker elaborate on his or her information. Take on a leadership role in a group assignment where you are required to relate to others effectively. Participate in activities that require quick and decisive action, such as sports or competitive games. Being able to demonstrate a sense of urgency at the appropriate time will be crucial for winning at competitive activity. Showing flexibility to adapt to what the situation demands is a very valuable attribute.

- Keep a record of experiences that make you tense; avoid them whenever possible.
- Make an effort to speak slowly and clearly; don't be too quick to respond to others without clearly understanding the message being delivered.
- Make a list of experiences that help you relax and incorporate more of these into your personal life.
- Arrange enough time to get your work done; avoid cramming to get everything completed at the eleventh hour.
- Have a regular physical examination and follow suggestions offered by your physician.
- Read "Life Without Stress: The Far Eastern Antidote to Stress and Anxiety" by Dr. Arthur Sokoloff.
- Read " From Stress To Serenity: Gaining Strength in The Trials of Life (Bringing Spirit to Life)," by Angus Jenkinson.