

Nice

Not Nice or Nasty

Nasty

Unconscious

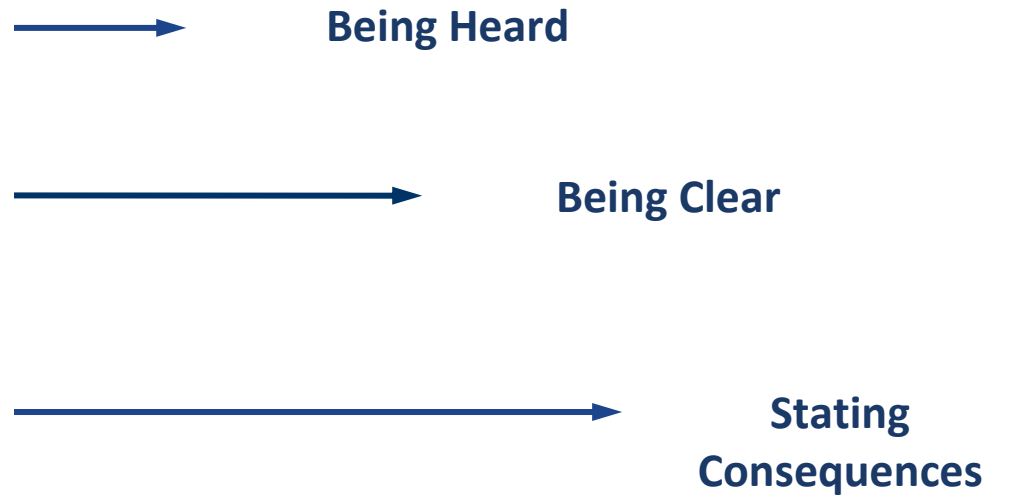
Conscious

Unconscious

Passive

'Kick the Cat' – right person wrong issue, wrong person altogether, yourself

Not doing anything, irrational thinking, stewing, anxiety, frustration, evidence gathering, assumptions, rabbit in headlights



Demanding, aggressive, rude, blunt, irrational thinking

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Stress-related illness

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Stress-related illness

Right person gets it, at the right time, over the right thing