



Stress Management Program

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Exercise 2

Are you Type A or Type B?

Which of these traits do you identify with? Are they more in Type A or Type B?

This is to give you an idea of which traits of your personality could be the triggers for your stress.

Type A characteristics

- Aggressive
- Ambitious
- Controlling
- Highly Competitive
- Pre occupied with status
- Workaholics
- Hostile
- Lack Patience

Type B characteristics

- Relaxed
- Less stressed
- Flexible
- Calm
- Less competitive
- Content with life
- Laid back
- Tolerant
- Patient