*Stress Management Training S3.aa*

*Session Three*

*Stress and Personality Type/Trainer's Answer Sheet*

This is a test that measures stress and personality in terms of the individual's risk of cardiac illness. In these terms there are two basic personality types as follows:

***Type A***  ***Type B***

Competitive Relaxed

Achiever Easy going

Fast Worker Seldom impatient

Aggressive Enjoys pursuits outside the job

Impatient Works steadily

Restless Not easily irritated

Hyper-alert Seldom short of time

Explosive speech Moves and speaks more slowly

Frequently feels under Not preoccupied with achievement

Pressure

Score: Clients in this category, especially if they are over 40 and

110 - 140 smoke, are likely to have a high risk of developing cardiac

Type A illness and should take strong measures to reduce stress.

Score: Clients are in the direction of being cardiac prone, and

80 - 109 should take strong measures to reduce stress.

Type A

Score: Clients in this category are a mixture of A and B.

60 - 79 This is a healthier pattern, but they have the potential

Type AB to slip into A behaviour and should recognise this.

Score: Clients are generally relaxed and cope adequately

30 - 59 with stress.

Type B

Score: Clients are relaxed and cope well with stress, they are

0 - 29 unlikely to develop any stress related illness.

Type B

***All of these patterns are capable of change over time.***