

Reactive Behaviors Inventory

To be a Less Anxious Presence requires that we become more astute observers of our own brand of reactivity—those behaviors we exhibit automatically when we are anxious or under pressure—and then learn ways to manage ourselves so that these behaviors lessen over time. Check off those behaviors below that you see in yourself when you feel threatened or stressed. You may want to ask a trusted colleague or family member to complete this inventory for you as well, since all of us can be blind to our own reactivity.

- Excessive worrying
- Walking and talking fast or frenetically
- Interrupting others in conversation
- Distancing from others
- Engaging in combative behaviors
- Avoiding or suppressing conflict
- Finding fault and blaming others
- Being controlling of outcomes, projects, or people
- Pushing ourselves or others too hard
- Micromanaging
- Complaining about a colleague to others (triangling)
- Shutting down emotionally
- Seeking a quick fix
- Failing to be direct and decisive when needed
- Giving up our voice or resigning in place
- Being overly analytical and missing the bigger picture
- Being too quick to rescue others who are struggling
- Drinking excessively or eating poorly