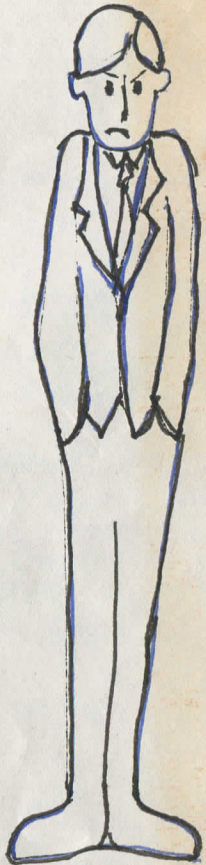


## STRESS PRONE PERSON



Rigid thinker;  
Everything is either  
black or white.

Perceives change  
as a threat.

Responds negatively.

Feels overwhelmed by  
necessity of making  
adjustments.

Views self as a  
helpless victim.

## STRESS RESISTANT PERSON



Flexible in thinking.

Adaptable

Perceives change as  
a challenge.

Responds positively.

Recognizes that adjustments  
may be difficult, but views  
it as an opportunity for  
personal growth.

Maintains a sense of  
control by recognizing  
choices and options.