

ACTION SIGNALS

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| 1- IMPATIENCE | = PERCEPTION IS OFF OR ACTIONS NOT SUPPORTING YOU |
| 2- FEAR | = NEED TO BE MORE PREPARED |
| 3- HURT | = LOSS- CHANGE PERCEPTIONS OR EXPECTATIONS |
| 4- ANGER | = RECOGNIZE RULES BROKEN BY YOU OR OTHERS |
| 5- FRUSTRATION | = NEED TO CHANGE APPROACH |
| 6- DISAPPOINTMENT | = NEED TO CHANGE EXPECTATIONS |
| 7- GUILT | = CORRECT VIOLATION OF HIGHEST STANDARDS |
| 8- INADEQUACY | = NEED FOR ADDITIONAL RESOURCES |
| 9- OVERLOAD | = WRONGLY FOCUSING ON WHAT WE CAN'T CONTROL |
| 10- LONELINESS | = NEED FOR CONNECTION |