

ACTION SIGNALS

- 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