

Explain Yourself™



For each component, consider:

- What you expect of yourself (Usual)
- What you expect of / need from others (Need) ----- | Manage Need = Resilience
- What happens when that need is not met (Stress) ----- | Need as perspective = Strength

Social Energy

Physical Energy

Emotional Energy

Self-Consciousness

Assertiveness

Insistence

Incentives

Restlessness

Thought
