

THE CENTRE FOR APPLIED HUMAN DYNAMICS

Relating To Others During COVID

In times of stress, our personality strengths can be a bit overwhelming—even to ourselves! This resource will help you identify & support those around you; according to their style.

“D” STYLE

Under Stress

Openly Hostile— May react quickly and/or in sharp tones. May have limited patience.

Recovery Needs

Physical Activity — D’s need to **SEE** results! Ex. play a sport, complete a craft, learn a new skill.

“I” STYLE

Under Stress

Emotional — May be more talkative with less focus. May show greater expression of feelings.

Recovery Needs

Social Activity—I’s need to **HAVE FUN** with people. Ex. Go to dinner, join an online watch party or a virtual chat with friends

“C” STYLE

Under Stress

Critical or Withdrawn — May ask more questions, or be pessimistic. Might not engage at all.

Recovery Needs

Cognitive Activity — C’s need time to **THINK**. Ex. Do a puzzle or crossword, build LEGO, plan a project.

“S” STYLE

Under Stress

Disengaged — May be stubborn or indecisive. Might want to sleep excessively.

Recovery Needs

Undirected Activity —S’s need **STILLNESS**, of mind/body. Ex. Watch TV/Netflix, play solitary game, colour, read a book.

CONNECT WITH US ON SOCIAL



@Dynamics4u



@PplPuzzles

OUTGOING

I like to _____.

I prefer to be _____.

I will adapt to change and make decisions _____.

I may become _____ with others who are slower to change.



I like to _____ others.

I enjoy being social _____.

I can adapt to change _____.

I may try and _____ others.



T
A
S
K

I always _____ something through.

I like clear _____.

I want change to be implemented _____.

I will often ask _____ of others.



I like to be _____.

I prefer when things _____ the _____.

I'm comfortable when change happens _____.

I may become _____ by others' feelings.



P
E
O
P
L
E

RESERVED