

STRESS PERSONALITIES

by Rene' Tishista and Mary Dempcy
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Stress--arch criminal of the 20th century, has caused an overwhelming rise in depression, anxiety and boredom on the job scene. It has been named as an accessory to job deaths by cardiovascular disease, ulcers, and cancer. Public enemy #1 for kidnapping over national well being and torturing us with mental and physical deterioration.

No one is safe from this criminal. It stress strikes all age groups and occupations. The National Institute for Occupational Safety and Health tells us it's not the heart attack-prone power house executives or power brokers who suffer most, it's the laborers and secretaries who encounter the most stress. Those with the least opportunity for advancement and most repetition in their work.

Stress is inherent in our 20th century environment. Han Selye says that you can't eliminate stress but you can learn how to cope with it. Mary Dempcy tells us that we can't control the external events, but we can learn to control our attitude toward them. Thank heavens! Because according to recent statistics there has been a 400% increase in teenage suicides.

We all need to be aware of stress and how to work with it.

In our presentation at the annual meeting we spoke about and demonstrated, in skit form, various Stress Personalities. These Stress Personalities were "discovered" by Rene' Tishista and Mary Dempcy. This husband and wife team has traveled all over the country holding workshops for such groups as IBM, Wells Fargo Bank, Standard Oil, Western Airlines, various school districts, colleges, and universities as well as appearing on television numerous times. Their presentations are informative, fun and enlightening.

Our main purpose at the presentation and in this article, is to introduce you to this new and exciting approach to stress related problems.

We have listed the cast of characters and a brief description about how each stress personality takes over in a given situation. Some of the possible health robbing side affects are also mentioned. Keep in mind that these personalities are not always present in most people. You are not a Critical Judge you have a critical part of you that sometimes takes control of your responses in a given situation.

CAST OF CHARACTERS

- INTERNAL TIMEKEEPER - This is the person who rarely sits still, the one who is writing notes, talking on the phone and trying to talk or listen to you, all at once. A Timekeeper is constantly concerned with "time" but usually runs late. Timekeeper's efficiency is limited due to overloading - headaches and high blood pressure are often the side effects suffered.
- THE PLEASER - This person can never say no and wears an ever-present smile. Pleaser can't say no because then she/he "won't be loved", She/he puts others' needs before their own and cannot express anger. This often causes digestive problems and ulcers.
- SABER TOOTH - She/he can't stand to wait in lines or for the light to change to green. Sabertooth often gives underhanded compliments and lets anger show with sarcastic comments. Cardio-vascular problems and ulcers often appear.
- CRITICAL JUDGE - "The Perfectionist," the "controller" - How many times have you heard someone say, "This may sound dumb, but . . ." Your Critical Judge decided you are stupid, you didn't. One often suffers from depression & despair when hounded by a strong C.J.
- STRIVER - This is the part of you that helps you attain goals. One who is constantly climbing the success ladder - scarcely taking time to enjoy immediate achievements, has an over-bearing striver, which can cause cardio-vascular problems, chronic fatigue and high b.p.
- INTERNAL CON ARTIST - The one who talks you into putting off until tomorrow what you could do today. Or, talks you into "one more drink" because you've had a rough day. Con Artist can lead you down the path of obesity, drug addiction and alcoholism.
- WORRIER - If you can't go to sleep at night, or wake up at 2 a.m. and can't get back to sleep because you don't know if the nearest volcano will erupt, or if the cats have worms, or . . ., then you're a Worrier. The Worrier is always prepared for the worst, which leads to insomnia, stomach problems and/or high blood pressure.

Rene' Tihista and Mary Dempcy have developed seven Stress Personalities which represent a range of responses most people use to handle a wide variety of stressful situations. What they all have in common, however is a distorted perception of the world, and they create stress as a result of the faulty perceptions.

MINI STRESS TEST

Scoring - (almost always -6) (Frequently -4) (Occasionally -2) (Seldom -1)

- _____ 1. Do you have difficulty seeing work through to completion?
- _____ 2. Do you say "uh huh" or finish people's sentences for them?
Or know someone who does?
- _____ 3. Do you feel fearful when talking to people in authority?
- _____ 4. Do you feel guilty after you've said no?
- _____ 5. Do you fly off the handle when you goof at sports or games?
- _____ 6. Does jealousy interfere with your relationships?
- _____ 7. Do you feel that you must strive constantly toward perfection?
- _____ 8. Do you think critical thoughts about yourself and others?
- _____ 9. Do you have difficulty accepting compliments?
- _____ 10. Do you have difficulty enjoying your achievements once attained?
- _____ 11. Are most of your friends your co-workers?
- _____ 12. Do you have difficulty taking time off?
- _____ 13. Do you eat, drink or smoke when anxious or depressed?
- _____ 14. Does your fear of "what could happen" prevent you from par-
taking in activities you might otherwise try?
- _____ 15. Do you believe worrying about someone means you love them?
- _____ Total

If you score 30 or more, you may want to discover which stress personality (ies) is interfering with your ability to reach your full potential mentally, physically and spiritually.

If you recognize one or more of these stress personalities within yourself or someone else, it would benefit everyone involved to have the tools to deal effectively with the situation in a loving way. Dealing with your stress personalities is a safe, fun and clear way of answering some seemingly complex but yet common problems.

The book is available for \$8.95 + tax and postage. Call or write:

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