

 Harrison Assessment Exercise:

“Flips” in Behavior

Being in a stressed mode may cause “flips” in your behavior – your strengths or avoiders will “reverse”.

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Those around you will be acutely aware of this, but you may not be able to “see” yourself when you are in this stressed state!

Take a look at your paradox graph. Find a paradox pair that has an **imbalance.** Is it a passive imbalance? Or an aggressive imbalance?

Now, look for the “hurricane” somewhere in that paradox block. This is where your flip behavior may occur when you are very stressed. Take a few moments to reflect and jot down some answers to the questions below. Then take some time to talk with your peer coaching partner about this.

Can you think of a time when this expressed itself? What impact did it have on others around you? On you: physically? emotionally? When were you able to “see” yourself, during or after the expression of your flip behavior?

Now having a knowledge of this, how can you prevent yourself from unproductive flip behavior, or at least learn to recognize it when it is occurring?