

Write down what symptoms in yourself or others are bothering you in the zone:

- cognitive (thinking, concentration, decision making)
- emotional
- behavioral
- social
- bodily sphere

COGNITIVE

predicting

**poor
judgment of
situation
(exaggerating
the risks or
threats)**

overthinking

**(self)destructive and
depressing
thoughts**

trauma

EMOTIONAL

sadness

**Uncertainty
regarding the
change which
is going to
happen**

tension

**fear of
being
negatively
judged**

**panic
feelings**

BEHAVIORAL

frustration

quick temper

**fear of being in the
center of attention,
embaessment**

**overreaction -
shouting,
crying,
shutting down**

**Verbal aggression -
challenging the
status quo in
destructive manner
so that it
demotivates the
other team
members**

SOCIAL

unfriendly

broken
contacts
between
employees

**belonging
to a group**

**closed for
the other
people**

helpful

**avoiding
people that
usually were
close**

BODILY

closed posture

sweat

putting or losing weight

chronic fatigue

allergies

poor immune system

weakness in the body ("no power" "used batteries")

sweating

red face

clenched fists

illness - headaches, spinal problems, stomach, muscle tension

Fast heartbeating