

# Using DISC to Understand & Manage Stress

After reviewing the four key parts of your report, complete the below personal reflection & create a stress management plan.

## Part A: How do I typically respond under stress?

### 1. Three behaviors I notice in myself when I'm under pressure.

*Think about exam weeks, group projects that aren't going well, or times you've been overloaded.*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### 2. A recent situation at university where I felt stressed

*Briefly describe what was happening, who was involved and how you responded in the moment.*

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### 3. Looking back, my stress response in that situation was...

Helpful because...	
Costly because...	
What I would do differently...	

## Part B: Linking stress to my DISC needs and environment



Use pages 7–9 and 15 of your report.

### 1. My Top Three Motivators

From pages 7–8. Paraphrase in your own words.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### 2. Conditions I need in my environment to do my best work

From page 9. Choose the three or four that feel most true.

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### 3. Natural vs Adapted style

From page 15.

<b>The score (D, I, S or C) with the biggest gap for me is...</b>	
<b>What do I is driving that adaptation for me?</b> <i>(For example, is your level of 'S' decreasing as you need a operate at a faster pace than you prefer to meet university dealines)</i>	
<b>Is this adaptation currently a useful stretch or a cost? Why?</b>	

### 4. Connecting the dots

When I feel stressed, which of my motivators or environmental needs are usually unmet?

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## Part C: My personal stress management plan

Use your answers above to build a plan you can actually use this semester.  
Be specific and realistic.

### 1. Early warning signs

*The first signals that tell me my stress is building; in my body, thoughts, behavior or relationships.*

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### 2. What I need when stress hits

<b>From myself (mindset, self-talk, a pause)</b>	
<b>From my environment (space, pace, structure)</b>	
<b>From the people around me (friends, family, professors, classmates)</b>	

### 3. Two responses I will try to replace or upgrade

*Swap an unhelpful default for a more thoughtful, useful response.*

<b>Instead of (old response)...</b>	
<b>I will try (new response)...</b>	
<b>Instead of (old response)...</b>	
<b>I will try (new response)...</b>	



#### 4. My three commitments for this semester

Concrete, observable actions. Put them somewhere you'll see them.

1.	
2.	
3.	

#### 5. My support network and checkpoint

Who I will share this plan with:	
When I will review it (date):	
How I will know it's working:	

#### 6. Summary

Finish this sentence in your own words:

*When I notice I'm heading into stress, what I most need to remember about myself is...*

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