Detecting the Type ‘A’ Behavior Pattern

1 Vocal Explosiveness. Do you overemphasize key words in ordinary speech and speed up the last few words of a sentence?

2 Constant Motion. Do you move, walk, and eat rapidly?

3 Thinking or Doing Two or More Things at Once. Do you dictate letters while driving? Do you use an electric razor while reading or eating?

4 Impatience. Do you find yourself hurrying the speech of others or finishing their sentences for them? Is it anguish to wait in line? Do you always rush your reading? Do slow drivers in your lane make you boil?

5 Dominating Conversation. Do you always change the topic to subjects that interest you? Is it difficult to restrain from cutting in? When you can’t cut in, do you pretend to listen while thinking of something else?

6 Feeling Guilty When Relaxing. Do you begin to lose respect for yourself when you do nothing for a few hours? Do you consider noncompetitive physical activities a waste of time?

7 Preoccupation with Having, Not Being. Do you fail to find time to improve yourself or explore new and interesting things? Have you neglected the aesthetic side of life for the sake of accumulating achievements?

8 Scheduling More and More in Less and Less Time. Do you fail to make allowances for unforeseen contingencies? Do you always feel pressured by time? Do you create deadlines if none exist?

9 Feeling Compelled to Challenge Others. Do you find yourself competing even when the situation doesn’t require it? (They say that nothing arouses the aggressive hostility of a Type A more than another Type A.)

10 Nervous Tics or Gestures. Do you frequently clench your fist, bang your hand on the table, or pound your fist into your palm to drive home a point? Do you habitually clench your jaw or grind your teeth?

11 Fear of Slowing Down. Do you feel that your success is due to your ability to do things faster than others?

12 Attachment to the Numbers Game. Do you find yourself committed to translating achievement in terms instead of quality?
What To Do About Type ‘A’ Behavior

1. **Evaluate your strengths and weaknesses candidly.** Ask yourself whether your real interests are being satisfied, whether you abilities are being realized. Be realistic about your ambitions.

2. **Retrieve your total personality.** Are you so caught up in acquiring more and more that you leave no room for intellectual or spiritual pursuits? Set aside a portion of each day for pleasures entirely unrelated to your vocation.

3. **Establish life goals.** Ask yourself what you wish to accomplish in your work and your private life. Commit each set of goals to paper and review them often.

4. **Recognize the value of rituals and traditions.** Type A’s often consider simple pleasures like holiday dinners a waste of time. Remember you are social and spiritual being as well as an achiever.

5. **Set priorities.** Type A’s often devote equal time to the important and the trivial. Insecurity and competitiveness can make them unable to delegate responsibilities; failure is so loathsome they have to keep proving themselves even with trifles.

6. **Revise your daily schedule.** Eliminate as many activities as possible that do not contribute to your socioeconomic well-being. Allot more time for each event than you think it requires; in this way you won’t get so cluttered up that you fall victim to hurry sickness. Wake up fifteen minutes earlier so you have to reflect, take a walk, or eat leisurely; have your secretary keep away nonessential phone calls and visitors; don’t schedule meetings too close together. Learn to say no.

9. **Break at lunchtime.** A’s tend to work at lunch, scribbling on napkins or gulping down a sandwich at their desks. Cut down on luncheons in which you talk and think of the same thing you have in mind the rest of the day. Allot time for an amble in the park, a museum or window-shopping.

10. **Forget the 5:00 frenzy.** The battle against time is often self-impose; A’s like to procrastinate until the very last minute so they can compete against the clock. Organize your day so everything gets done without panic.

11. **Spend some time alone.** Scan each week in advance and reserve periods of time to be with yourself. Use the time for reflection, or for things you have been meaning to get around to – reading a book, writing letters to old friends, playing the piano, etc.

12. **Re-engineer your hostility.** Most often, free-floating hostility is reflection of the longing for love and affection; it is connected with fear. Avoid people who easily stir your anger. If you must see them, use your sense of humor and your good sense – life is here to enjoy, not to annoy.