

## Take Steps to Become Type B

**N**ow that you've identified your Type A and Type B characteristics, the next step is to begin making adjustments. Below is a list of suggestions. Complete all four steps. Check off each item as you practice it.



### Step 1 – Become Aware of Type A Behaviors

- \_\_\_\_\_ a. Review the Self-Inventory.
- \_\_\_\_\_ b. Ask a friend or relative for feedback on your Type A characteristics.
- \_\_\_\_\_ c. Look in a mirror throughout the day. Notice facial gestures indicating anger, upset, or strain.
- \_\_\_\_\_ d. Ask yourself at the end of the day, “Did I do anything which might have been hurtful to anyone?”
- \_\_\_\_\_ e. Ask yourself at the end of the day, “Did I show anyone a kind gesture or say a kind word?”
- \_\_\_\_\_ f. Each day, write down the things that make you angry. Take note of the time, place, your thoughts, and actions. Look for common or repeated items.

### Step 2 – Inject These Type B Behaviors Into Your Lifestyle

- \_\_\_\_\_ a. Take a break and daydream.
- \_\_\_\_\_ b. Eat a light lunch and take time to browse in a store or walk in the park.
- \_\_\_\_\_ c. Smile at someone.
- \_\_\_\_\_ d. Allow some time to be alone each day.
- \_\_\_\_\_ e. Notice something of beauty.

- \_\_\_\_\_ f. Practice a relaxation technique.
- \_\_\_\_\_ g. Stop using obscenities.
- \_\_\_\_\_ h. Practice patience and trust.
- \_\_\_\_\_ i. Allow yourself to lose at a game.
- \_\_\_\_\_ j. Put yourself in someone else's shoes.
- \_\_\_\_\_ k. Learn to laugh at yourself.

### Step 3 – Purposefully Show Kindness

- \_\_\_\_\_ a. Accept others as they are.
- \_\_\_\_\_ b. Tell close friends or relatives that you appreciate them.
- \_\_\_\_\_ c. Buy a small gift for someone for no reason.
- \_\_\_\_\_ d. Call or write a friend or relative.
- \_\_\_\_\_ e. Plan an outing for dinner or the movies to surprise someone.
- \_\_\_\_\_ f. Say a positive, "Good Morning," to family members and co-workers.
- \_\_\_\_\_ g. Find an opportunity to say, "Perhaps I'm wrong." every day, even if you doubt you are.

### Step 4 – Dispel the Following Myths

- \_\_\_\_\_ a. I need to be hostile to get ahead.
- \_\_\_\_\_ b. I can't change, this is just the way I am.
- \_\_\_\_\_ c. Showing love and kindness is a sign of weakness.
- \_\_\_\_\_ d. There is a right and perfect solution to everything.
- \_\_\_\_\_ e. It is weak to act unsure or doubtful.