

Are You Mostly Type A or Type B?

	Anger/ Confrontation	Ambition	Time	Taking Charge	Confidence	Approach to Change, New Things
Unhealthy A	Hostile, hot reactor	Driven, fiercely competitive	Ruled by the tyranny of time	Agressive, domineering	Arrogant	Reckless
	Easily Angered	Very ambitious	Feel urgency	Forceful	Self-promoting	Risk-taker
Healthy A	Slow to Anger	Dynamic, no need to prove yourself	Conscious of time, but not ruled by it.	High Energy and allowing	Radiance, confidence	Adventurous
Healthy B	Gentle, even-tempered	Calm, no need to prove yourself	Conscious of time but not ruled by it	Low-key and allowing	Quietly Confident	Inquisitive
Unhealthy B	Shy away from confrontation	Laid back	Lose trace of time easily	Hesitant	Unsure, hold back	Cautious
	Fear Confrontation	Apathetic, lack drive	Oblivious to time	Passive	Low self esteem, fear taking a stand	Fear change