

Stress, Tension & Conflict:

Stress is primarily self-induced. It results when you know the job is more than you can or are willing to do. You feel swallowed up, incompetent, inadequate and unfulfilled, angry, etc.

Tension comes when you realize the boss knows you are struggling and you know he or she knows. The boss may seem unfeeling, uncaring, distant and unsupportive.

Conflict arises when you begin blaming others for your failures. You begin talking with other people you feel “understand” and recruit supporters for yourself and your situation. This eventually polarizes you and them against others.

Top performers will usually have no part of conflict.