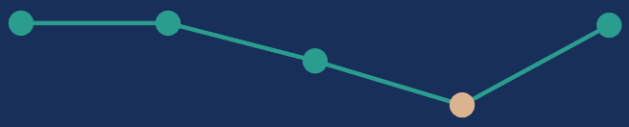
Diving Deeper into

PressureMap



THE COMPANION SCIENCE GUIDE

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PART OF THE PRESSUREPROOF SYSTEM

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How to use this guide

This guide is the companion to your PressureMap report. Your report shows you where you land on each of the five PressureDimensions and what that means for you. This guide holds the deeper science, and the full landscape of every pattern the PressureMap measures, for the times you want to go further.

You do not need to read it front to back. When a PressureType in your report links you here, follow it and read that one. When you are curious how your pattern compares to the others on the same PressureDimension, read the whole PressureDimension. The reference key below lays out all twenty five PressureTypes, five for each PressureDimension, so you can see the full range of how pressure moves through different people.

One principle holds throughout. There are no good or bad scores. Every PressureType describes a pattern, with real strengths and real things to watch for. Your patterns are not fixed either. Research on neuroplasticity shows they can shift with deliberate practice.

Pressure Onset

How fast your nervous system flips into stress mode.

Five PressureTypes, from one end of the spectrum to the other. Find yours, or read all five to see the range.

Slow Activator

Pressure Onset · Position 1 of 5 · Score 1.0 to 1.7

Pressure has to work to get to you. While other people are already feeling the heat, your body still has not gotten the memo. The amygdala, your brain's alarm system, has a high threshold in you. It takes a lot before the bell rings. This is biological wiring, not a flaw or a personality trait. You are processing deeply before your body fully engages, which means there is a real gap between when something stressful happens and when you actually feel it.

The science

Research on what is called sensory processing sensitivity (Aron & Aron, 1997) shows that some nervous systems are wired to do more processing before the stress response fires. The deep extended amygdala, the part that revs up under uncertainty, is quieter in you. That is why ambiguity does not unhook you the way it can for others.

Strengths

You are the steady one in a storm. You do not chase false alarms. When everyone else is reacting, you are observing, and that observation almost always lands you on more useful action. People feel safer around you when things go sideways. In roles that ask for composure under fire, this is a real gift.

Watch for

The same wiring that keeps you steady can keep you a beat behind on early warning signs. When others are alarmed and you are not, you can come across as dismissive even when you are just slower to register what they already see. By the time the threat is unmistakable, you may be playing catch up. Worth checking: am I missing a signal everyone else caught?

Measured Responder

Pressure Onset · Position 2 of 5 · Score 1.8 to 2.5

Stress often builds in you at a moderate pace, more of a climb than an instant spike, though a big or sudden event can still hit you fast. When it does build, that pace can give your thinking brain time to come along for the ride, and you may notice the build before the full response lands. That gap between first signal and full response, when you get it, is real estate most people do not have.

The science

Your amygdala has moderate sensitivity, so the stress chemicals (adrenaline and norepinephrine, what scientists call catecholamines) come up in a steady ramp instead of all at once. That ramp lets your prefrontal cortex, the part of the brain that handles flexible thinking, stay online longer. You are consistent with what Aron's Highly Sensitive Person research calls moderate Depth of Processing.

Strengths

That build window is an asset. You have usually got time to choose a response instead of being hijacked by one. You pace well through long stretches of pressure. You can stay functional even while openly acknowledging that stress is present. That is a leadership trait people remember.

Watch for

The slow build is a sneaky thing. It can mask how much stress you have actually taken on. By the time you notice you are fully activated, the cumulative load may already be heavier than you realized. Watch for the Friday afternoon crash that snuck up on you.

Adaptive Activator

Pressure Onset · Position 3 of 5 · Score 2.6 to 3.4

Your stress speed depends on what you are facing. Some situations fire you up fast, others barely get a reading. That flexibility is its own kind of asset. The catch is that you (and the people around you) can not always predict how quickly the response will land.

The science

Your amygdala is context sensitive. It weighs several factors before deciding how fast to fire: how new the situation is, whether other people are watching, how much control you feel like you have. That points to strong communication between your prefrontal cortex (the thinking brain) and the alarm system. You are calibrating, not just reacting.

Strengths

You match response speed to what the situation actually calls for. You are less likely than most to systematically over react or under react. You read which moments genuinely deserve urgency, which is something most teams desperately need.

Watch for

Your inconsistency can throw people off, including you. It is harder to build a reliable coping toolkit when your onset speed shifts. Under extreme pressure, that flexibility can collapse toward one end of the spectrum, and you may not know which end until you are there.

Quick Detector

Pressure Onset · Position 4 of 5 · Score 3.5 to 4.2

Your nervous system is tuned for early threat detection. Your amygdala fires fast on most pressure signals: a change in plans, a shift in group dynamics, an unexpected demand. Your body activates (heart rate, muscle tension, shallow breathing) before your conscious thought has caught up. You are often feeling it before you have named it.

The science

Your amygdala is highly reactive. Variations in the serotonin transporter gene may contribute to faster threat signaling (Hariri et al., 2002). In the first seconds of activation, stress chemistry floods your prefrontal cortex and it temporarily drops offline. That is the mechanism behind the feeling of not being able to think clearly the moment you get activated (Arnsten, 2009). It is not a character flaw. It is neurochemistry.

Strengths

You are an excellent early warning system. You catch problems, shifts in dynamics, and risks long before others notice. You are deeply attuned to your environment, and in roles that ask for vigilance and real time risk reading, this is a rare asset. Your sensitivity is a form of intelligence.

Watch for

Frequent activation is physiologically expensive, even when it turns out to be a false alarm. Anticipatory anxiety can creep in. And other people may read you as tense when you are actually just detecting accurately. Your inner experience and how others read you can diverge fast.

Rapid Activator

Pressure Onset · Position 5 of 5 · Score 4.3 to 5.0

Your body lights up the moment pressure shows up. There is almost no warm up. You go from zero to full alert in a heartbeat. Your threat detection runs at maximum sensitivity, which means a complete stress response (heart rate, adrenaline, muscle tension, narrowed thinking) fires before your conscious mind has appraised what is happening.

The science

You have the highest amygdala reactivity on this spectrum, plus a strong fear potentiated startle response. In the first window of activation, stress chemistry overwhelms your thinking brain and it goes offline temporarily. The deep extended amygdala (sometimes called BNST) also shows high anticipatory activation, which is why you can start feeling activated before anything has actually happened yet. This is biology, not weakness.

Strengths

You have environmental sensitivity that most people simply do not. You catch threats, opportunities, and subtle shifts that others miss entirely. Your sensitivity is intelligence in another form. In roles that require acute awareness, this is a genuine superpower.

Watch for

The frequency and intensity of activation can be exhausting. Energy depletion is a real concern across a day or a week. You may start avoiding situations just to lower the volume of activation events. And other people may read you as overreactive even when you are picking up real signal.

Default Response

What your body does automatically when pressure hits.

Five PressureTypes, from one end of the spectrum to the other. Find yours, or read all five to see the range.

Withdraw & Internalize

Default Response · Position 1 of 5 · Score 1.0 to 1.7

When pressure hits, you go inward. You get quiet, pull back, and process privately. From the outside this can look like disengagement or even passive resistance, but it is actually a deeply wired survival strategy your body settled on a long time ago. You are not absent. You are processing.

The science

Stephen Porges' Polyvagal Theory (2011) describes a built in hierarchy of stress responses, from full social engagement to mobilization to shutdown. Your pattern skips mobilization and moves toward conservation. Kozlowska et al. (2015) mapped this as the freeze position in what is called the defense cascade. It is not a failure. It is the strategy that kept the people who had it alive long enough to pass it on.

Strengths

Withdrawing protects you from impulsive reactions. While others may say things they later regret, you hold back and process. You reflect deeply after the fact, which means you build real wisdom from pressure events. People who know you trust you with their hard moments because you do not make them harder.

Watch for

You can come across as checked out, cold, or quietly angry when none of those things are true. Isolation in the moments you most need support is a real risk. You may miss chances to influence what is happening. In a crisis, you may not communicate critical information that other people need from you.

Cautious Observer

Default Response · Position 2 of 5 · Score 1.8 to 2.5

Your first response to pressure is to create space, either physical or mental, and watch. You want to see the situation before you commit to action. The pause is conscious and strategic. It is not stuck.

The science

Your pattern combines a little conservation with a little assessment activation. Your social engagement system is partly online but held back. In the defense cascade, you are poised at the edge of freeze and flight, ready to move but not moving yet. That hold is information gathering, not paralysis.

Strengths

Strategic restraint. Your first actions land well because they are informed by what you observed. You make fewer errors. Others rely on you for level headed analysis. You listen well when the room is stressed, and that listening picks up what hasty action would miss.

Watch for

People may read you as hesitant or lacking initiative. You can miss time sensitive opportunities while you are still in observation mode. Under high stress, the assessment phase can stretch into avoidance. Worth noticing when watching becomes waiting.

Balanced Responder

Default Response · Position 3 of 5 · Score 2.6 to 3.4

You flex between engaging and pulling back depending on the situation. You do not have one dominant default. Your system reads the moment and selects a response. In familiar territory you tend to engage. In novel or high threat territory you may pull back first.

The science

Flexible autonomic regulation. Both your engagement and mobilization systems are accessible under moderate stress. In heart rate variability terms, you show good flexibility across contexts. Your defense cascade position is fluid rather than fixed, which is rare.

Strengths

The most adaptive default pattern of the five. You match response to situation. You do not over rely on any single strategy. You read social cues well and calibrate. You handle diverse pressure scenarios with range that other people do not have.

Watch for

Unpredictable for other people, who may not know which version of you they are getting. Under extreme or sustained pressure, that flexibility can collapse toward one end. You may not have a reliable go to response when a decision needs to be instant.

Active Engager

Default Response · Position 4 of 5 · Score 3.5 to 4.2

When pressure hits, you move toward it. Your system mobilizes, you start asking questions, gathering resources, organizing the response. This is what researchers call a flight into action pattern. Your nervous system's answer to threat is productive movement. Your default is do something.

The science

Strong sympathetic mobilization with your social engagement system staying online. Your heart rate variability shows appropriate activation without losing connection to the people around you. Your approach motivation is neurologically elevated, meaning your brain reads pressure as something to head toward, not away from.

Strengths

Visible leadership under pressure. You take initiative when others freeze. You channel stress energy into productive action. You build confidence in teams who need someone to step forward. You solve problems by moving on them, and people remember it.

Watch for

You can act before you have fully assessed. Your energy can overwhelm quieter team members. Action can become a way to avoid underlying emotion. If engagement is constant, burnout is a real risk.

Mobilize & Engage

Default Response · Position 5 of 5 · Score 4.3 to 5.0

Maximum forward movement. Your system is wired to mobilize immediately and fully: take charge, direct resources, make decisions, push forward. Your engagement is intense and often the dominant energy in the room during a crisis.

The science

Strong sympathetic activation with high approach motivation. Depending on how much control you feel in the moment, your social engagement system stays online (productive mobilization) or gets overridden (the fight response). Surges of testosterone and norepinephrine support the sustained forward push. This is the highest position on the active mobilization spectrum.

Strengths

Crisis leadership. Decisive action. Infectious energy that mobilizes others. You do not hesitate. You sustain effort under acute pressure better than most. People feel confident when you are the one leading through uncertainty.

Watch for

You can dominate decision making and inadvertently exclude valuable input. Your intensity can intimidate quieter team members. Engagement can mask how stressed you actually are underneath. Under extreme stress, productive mobilization can tip into fight response, and that is where things can go sideways for everyone.

Cognitive Shift

How your thinking changes when stress chemistry floods in.

Five PressureTypes, from one end of the spectrum to the other. Find yours, or read all five to see the range.

Tunnel Vision

Cognitive Shift · Position 1 of 5 · Score 1.0 to 1.7

Under pressure, your thinking narrows hard. You lock onto the first solution that presents itself and have trouble generating alternatives. Peripheral information gets filtered out. This is not a lack of intelligence. It is what happens when stress chemistry temporarily pushes your prefrontal cortex (the thinking brain) offline so your body can focus on the immediate threat.

The science

Under cortisol load, your prefrontal cortex (the part of the brain that handles flexibility and planning) gets suppressed. Working memory drops, attentional control narrows. Arnsten (2009) and Shields et al. (2017) describe this as moving out of the optimal stress zone (where moderate pressure sharpens you) and into the impaired zone where higher pressure narrows you.

Strengths

Intense focus on what is right in front of you. Decisive when one clear path is needed. You do not get lost in analysis paralysis. You are effective in simple, urgent situations where the first right answer is the only one that matters.

Watch for

You miss alternative solutions. Once you lock on, changing course is hard. You may dismiss input that does not fit the frame you have already chosen. Complex problem solving suffers under pressure, and you may not realize how much you are missing while it is happening.

Focused Processor

Cognitive Shift · Position 2 of 5 · Score 1.8 to 2.5

Your thinking narrows under pressure but it does not collapse. You reach for what has worked before. Trusted solutions, executed reliably. Your creativity gets quieter under stress, but if the intensity comes down or you have time, you can still generate alternatives.

The science

Moderate prefrontal cortex suppression under stress. Working memory is partially compromised but functional. Your ability to switch between mental tasks (what researchers call set shifting) gets slower, not blocked. If the acute stress phase passes or the intensity drops, your flexibility comes back online.

Strengths

Reliable execution of known solutions. Consistent under moderate pressure. Your preference for proven approaches reduces risk. You are good at implementing established protocols when someone has to.

Watch for

You may default to the familiar when novelty is what the moment actually needs. Creative problem solving is limited under time pressure. You can read as rigid during a brainstorm when the room is stressed.

Adaptive Shifter

Cognitive Shift · Position 3 of 5 · Score 2.6 to 3.4

Moderate cognitive flexibility under pressure. You can pivot and consider alternatives when you have time. You can lose that flexibility under acute or high intensity pressure. Your thinking follows what researchers call the inverted U curve: moderate pressure sharpens your focus, extreme pressure narrows you.

The science

Your thinking brain follows the classic inverted U stress curve. Moderate stress enhances performance. High stress impairs it. Under moderate challenge, stress chemistry stays in the optimal zone and you function at your best. Above that, it tips over. This is the most context sensitive position on this dimension (Arnsten, 2009).

Strengths

A good balance of focus and flexibility in your normal range. You pivot when the stakes are not at maximum. You benefit from moderate pressure. You are reliable for most day to day challenges.

Watch for

Performance can drop off a cliff under extreme pressure. The shift from adequate to impaired can be sudden and surprising. You may not realize in the moment how much flexibility you have lost.

Flexible Reframer

Cognitive Shift · Position 4 of 5 · Score 3.5 to 4.2

You hold onto strong cognitive flexibility even when your body is activated. You see multiple perspectives, reframe problems, and generate alternatives while under pressure. Your thinking brain stays online in moments when it typically goes quiet for most people. That is a genuine advantage.

The science

Your prefrontal cortex is unusually resilient to stress chemistry. Your ability to shift mental frames stays available. Your attention stays under your control. Shields et al. (2017) describe individual variation in how much stress chemistry it takes to impair thinking, and your threshold is higher than average.

Strengths

You see options others miss. You can reframe a threat as a challenge in real time. You maintain complex problem solving under pressure. You are the third option thinker. Valuable in strategy, crisis management, and innovation roles.

Watch for

You may overthink when speed is what the moment needs. Your ideas do not always translate to action, especially if paired with a withdraw default. Others may want you to just decide and move, not reframe again.

Divergent Thinker

Cognitive Shift · Position 5 of 5 · Score 4.3 to 5.0

Under pressure, your thinking actually expands. You generate novel solutions, see unconventional connections, and produce ideas that look tangential but often contain the breakthrough. The volume of what you generate can become its own challenge.

The science

Your prefrontal cortex is exceptionally resilient to stress chemistry, and you may even experience pressure enhanced divergent thinking. Your working memory is maintained or expanded, which is what lets you hold many factors in mind at once while the room is stressed.

Strengths

Innovation under constraint. Breakthrough problem solving. Ability to connect disparate information. You generate options no one else considered. You thrive in ambiguous, novel situations.

Watch for

You may overcomplicate simple problems. The quantity of ideas can overwhelm teams. You may resist committing to one path. Under pressure you can read as unfocused or scattered.

Recovery Velocity

How quickly you return to baseline once the pressure ends.

Five PressureTypes, from one end of the spectrum to the other. Find yours, or read all five to see the range.

Deep Processor

Recovery Velocity · Position 1 of 5 · Score 1.0 to 1.7

After a pressure event ends, your system takes its time returning to baseline. Cortisol stays elevated, your heart rate variability stays suppressed, and the felt sense of stress lingers for hours or days. Each event that does not fully resolve adds to an invisible load you are carrying.

The science

Your parasympathetic system (the side of your nervous system that brings you back down after stress) is slow to re engage. The vagal brake, which normally switches your body out of stress mode, takes longer to kick in. Cortisol clears slowly. Thayer & Lane (2000) and McEwen (1998) describe this pattern as low vagal tone, and it is strongly linked to cumulative stress load over time.

Strengths

You process events deeply. You do not just move on, you integrate what happened. You build real wisdom from difficult situations. You are unlikely to repeat the same mistakes because the lessons actually land.

Watch for

Cumulative stress is your primary risk. Each event stacks on the last without fully clearing. Your afternoon performance tends to drop as morning stress compounds. Energy depletion shows up by end of week.

Reflective Recoverer

Recovery Velocity · Position 2 of 5 · Score 1.8 to 2.5

Your recovery is present but takes longer than average. You return to baseline over an extended wind down that other people sometimes notice. How long it takes depends on the situation, and a hard event can stay with you well after it ends.

The science

Moderate parasympathetic reactivation capacity. Your vagal brake re engages, just at a slower rate than others. Some cortisol clearance lag. This position reflects adequate vagal tone rather than robust vagal tone.

Strengths

The extended processing window allows thorough integration of what happened. You are good at post event debriefing. Your reflective capacity is strong. The wind down phase is visible enough that people who know you can offer support when you need it.

Watch for

Scheduling pressure events close together creates compounding activation that you can not shake off in time. Back to back meetings are especially hard. You may underperform in the second half of a high pressure day.

Adaptive Resetter

Recovery Velocity · Position 3 of 5 · Score 2.6 to 3.4

Your recovery sits in the middle of the range. Some events resolve quickly, others linger, and your pattern is context sensitive. Familiar stressors clear faster than novel or socially evaluative ones, and a hard one can stay with you longer than you expect.

The science

Adequate vagal tone with context dependent efficiency. Your parasympathetic reactivation works normally under moderate conditions but can lag under high intensity events. Your heart rate variability sits in a moderate range.

Strengths

Functional across most conditions. You do not carry excessive residual stress through a typical workday. You have enough recovery capacity for a moderate pace environment. Good baseline to build from.

Watch for

You may not recognize when a stressor was intense enough to outpace your recovery. The “I am fine” window can close faster than you expect under sustained pressure. A high intensity week can outrun your capacity before you catch it.

Quick Bouncer

Recovery Velocity · Position 4 of 5 · Score 3.5 to 4.2

Fast return to baseline after pressure events. Your vagal brake re engages quickly, cortisol clears efficiently, and the felt sense of stress fades soon after most events. You can handle back to back pressure without building up much residue, though a bigger or more personal event can still take longer, and that is normal.

The science

Strong parasympathetic reactivation. High vagal tone. Efficient heart rate variability recovery. This pattern shows up with high resilience scores on validated measures like the CD RISC and low perceived stress scores on the PSS (Connor & Davidson, 2003; Cohen et al., 1983).

Strengths

High throughput for pressure events. Minimal cumulative load. You can sustain demanding schedules. You stay resilient through back to back challenges. Your performance stays consistent across a day.

Watch for

Fast recovery can mean incomplete processing. Important lessons can get bypassed before they land. You may seem dismissive of events that still affect other people. If you lead a team, you can accidentally create a culture of just move on.

Rapid Resetter

Recovery Velocity · Position 5 of 5 · Score 4.3 to 5.0

Near instant return to baseline. Your system exits the stress response almost immediately after the pressure event ends. Cortisol spikes and clears fast, and the felt experience of stress evaporates quickly.

The science

Highest vagal tone, strongest parasympathetic reactivation. Your vagal brake is highly responsive, which creates efficient switching between stress and calm states. This likely reflects a mix of constitutional wiring and well developed regulatory capacity built over time.

Strengths

Exceptional resilience to pressure volume. You handle workloads that would overwhelm others. Minimal energy loss to stress recovery. You can stay clear headed across marathon days.

Watch for

The primary risk is bypassed processing. Events are cleared physiologically before they have been integrated psychologically. You can invalidate others' slower recovery with a dismissive "why are you still upset about that?"

Pressure Ripple

How much of your inner state shows up on the outside.

Five PressureTypes, from one end of the spectrum to the other. Find yours, or read all five to see the range.

Silent Absorber

Pressure Ripple · Position 1 of 5 · Score 1.0 to 1.7

Your stress is nearly invisible to others, and that does not mean it is small. You carry pressure, and often the group's emotional energy, on the inside, where it does not show. Your face, voice, and body language reveal little of a load that can be very real. A low Pressure Ripple score measures how little shows, not how little you feel.

The science

Low facial expressiveness under stress, suppressed vocal tone changes, minimal behavioral cues. Other people's mirror neurons (the brain cells that pick up emotion from the people around them) do not have much signal to catch from you. You may have high internal awareness of your own state and still show very little on the outside.

Strengths

A stabilizing presence for the group. You do not add emotional fuel to a tense situation. You protect teams from unnecessary anxiety. You have an excellent poker face in negotiations. You create safety for others simply by not amplifying group stress.

Watch for

You absorb group stress without releasing it, which carries a real risk of invisible emotional labor and burnout. Others may read you as cold, uncaring, or robotic. Trust can suffer because people can not read you. Positive emotions get suppressed alongside the negative ones.

Quiet Regulator

Pressure Ripple · Position 2 of 5 · Score 1.8 to 2.5

Minimal emotional broadcast, with subtle signals visible only to close observers. You tend to absorb group stress and return it at a lower intensity, a natural regulatory function, and much of what you carry stays inside where it does not show. Your presence in a group tends to bring things down through low signal energy.

The science

Low to moderate emotional expression. Subtle facial and vocal cues are there but require attentive observation to catch. In group dynamics, your effect bends toward regulation (lowering intensity). You co regulate implicitly rather than deliberately.

Strengths

A natural co regulator. A de escalation presence. Group stress tends to drop when you are there. People trust you as a container for their emotions. You are an effective mediator because you do not add your own emotional charge to the room.

Watch for

Your regulatory function is invisible and uncompensated. You rarely get credit for the stabilizing effect you provide. You may suppress positive emotional expression too, which reduces celebratory energy for everyone.

Balanced Broadcaster

Pressure Ripple · Position 3 of 5 · Score 2.6 to 3.4

Moderate emotional visibility. Your internal state is readable but not overwhelming. Your expression is proportional to the situation. You neither suppress nor amplify. Group dynamics feel your presence but are not dominated by it.

The science

Moderate facial and vocal changes under stress. Other people's mirror neurons pick up your signals at a healthy level. Emotional contagion runs in both directions for you, meaning you both send and receive emotional signals at moderate intensity.

Strengths

Appropriate emotional communication. Readable without being overwhelming. You neither dominate nor disappear from group emotional dynamics. Healthy emotional reciprocity. You work well across very different contexts.

Watch for

You may not fully appreciate the impact you do have. In high broadcast groups, your moderate signal can get drowned out. In low broadcast groups, you can become the dominant presence without realizing it.

Vibe Setter

Pressure Ripple · Position 4 of 5 · Score 3.5 to 4.2

Your emotional state is clearly visible and actively influences others. Your face, voice, body, and energy are high signal. When you are stressed, the people around you feel it. When you are energized, you lift the room.

The science

High emotional expression intensity, strong mirror neuron activation in the people around you. Groups you are in tend to converge on your emotional state (Barsade, 2002). This is consistent with the contagious leader effect described by Sy et al. (2005).

Strengths

Charismatic influence. Authentic emotional communication builds trust. You rally and energize teams. Visible enthusiasm is motivating. Your emotional transparency reduces guessing games and hidden agendas.

Watch for

Negative broadcast is just as strong as positive. Frustration, anxiety, and disappointment spread quickly when you feel them. You may not realize how much your mood is driving team energy. Conscious emotional management becomes a leadership skill, not a nice to have.

Emotional Amplifier

Pressure Ripple · Position 5 of 5 · Score 4.3 to 5.0

Maximum emotional broadcast intensity. Your internal state transmits to the group with high fidelity and high power. Your face, voice, posture, and energetic presence dominate the emotional landscape of any group you are in. This is the strongest emotional contagion profile.

The science

Highest emotional expression intensity. Maximum mirror neuron activation in the people around you. Group mood rapidly converges on your state. This is consistent with the highest contagion scores described by Barsade (2002) and with high levels of facial muscle activation under stress.

Strengths

An extraordinary capacity to inspire, rally, and energize. Authentic emotional leadership at its most powerful. You can transform group morale with your presence. Celebrations are amplified for the whole team when you are in them.

Watch for

Every bad moment amplifies too. You can create emotional dependency where the team's mood is hostage to yours. The amplification is largely automatic and hard to modulate in the moment. Emotional exhaustion is a real risk for both you and your team.

The Research Behind PressureMap

The research behind the science, and the validated instruments it draws on

PressureMap is not a personality quiz. It is built on decades of peer reviewed research in stress physiology, emotion, and the nervous system, and it is informed by the validated psychological instruments below.

The validated instruments PressureMap draws on

Perceived Stress Scale (PSS) the most widely used measure of how much of life feels uncontrollable and overloading right now.

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. Journal of Health and Social Behavior, 24(4), 385–396. https://doi.org/10.2307/2136404

Connor-Davidson Resilience Scale (CD-RISC) a validated measure of the capacity to recover and adapt after adversity.

Connor, K. M., & Davidson, J. R. T. (2003). Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). Depression and Anxiety, 18(2), 76–82. https://doi.org/10.1002/da.10113

State-Trait Anxiety Inventory (STAI) the standard for separating anxiety in the moment from anxiety as a trait.

Spielberger, C. D., Gorsuch, R. L., Lushene, R., Vagg, P. R., & Jacobs, G. A. (1983). Manual for the State-Trait Anxiety Inventory. Consulting Psychologists Press.

Positive and Negative Affect Schedule (PANAS) a validated measure of positive and negative emotional tone.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. Journal of Personality and Social Psychology, 54(6), 1063–1070. https://doi.org/10.1037/0022-3514.54.6.1063

Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) an ability based measure of emotional intelligence.

Mayer, J. D., Salovey, P., Caruso, D. R., & Sitarenios, G. (2003). Measuring emotional intelligence with the MSCEIT V2.0. Emotion, 3(1), 97–105. https://doi.org/10.1037/1528-3542.3.1.97

Facial Action Coding System (FACS) the standard system for measuring facial expression of emotion.

Ekman, P., & Friesen, W. V. (1978). Facial Action Coding System: A technique for the measurement of facial movement. Consulting Psychologists Press.

Heart Rate Variability standards the measurement standard for the vagal, recovery side of the nervous system.

Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology. (1996). Heart rate variability: Standards of measurement, physiological interpretation, and clinical use. Circulation, 93(5), 1043–1065. https://doi.org/10.1161/01.CIR.93.5.1043

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