

**FROM**

**Panic**

**TO**

**POWER**

**THE  
POSITIVE  
USE OF STRESS**

**JOHN J. PARRINO, PH.D.**

# CONTENTS

INTRODUCTION	1
CHAPTER 1: THE CASE OF PAUL: A SEVERE STRESS REACTION	5
Hospitalization	7
Near Death	9
A Critical Decision to Treat	10
Treatment	11
A Dramatic Recovery	12
A Return to a Stable Life-Style	15
CHAPTER 2: STRESS AND FEEDBACK	17
Case of Paul Revisited	18
What Is Stress?	20
Feats of Self-Control	23
Behavior Modifiers	24
Feedback	26
Personal Feedback: System Gone	
Astray Versus Self-Control	28
CHAPTER 3: THE HUMAN RESPONSE SYSTEM	31
Emotions	31
Thoughts, Physiological Responses and Behavior	33
The Case of Joseph	36
Summary	40
CHAPTER 4: FEELINGS	42
Feelings: Results of Thinking, Physiological	
Responses and Behavior	42
Anxiety, Depression and Anger:	
The Stress Emotions	43
Feelings and Feedback: What Are	
Your Emotions Telling You?	45
Three Stages of Emotional Reactions:	
The Case of Paul	49

The Various Faces of Emotional Upset	50
Results of Maladaptive Coping	51
Emotions and Stressful Life Events	57
<b>CHAPTER 5: HUMAN RESPONSE SYSTEM: PHYSIOLOGY</b>	64
The Stress Response	64
Common Examples of Physiological Arousal in Humans	66
The General Stress Response: The Alarm and Resistance Reactions	69
Hypertension, Coronary Artery Disease, and Sudden Death: Potential Consequences of a Chronic Stress Reaction	71
The Stress Response: Summary	75
<b>CHAPTER 6: SELF-CONTROL: PHYSIOLOGY</b>	76
Muscle Tension: A Common Example of a Disruption in Homeostasis	76
The Breakdown of Feedback: A Unifying Concept	82
The Case of Joy	83
Control of Muscle Tension	87
Relaxation	88
Application of Relaxation: Calming Ourselves	90
Feedback and Relaxation	96
<b>CHAPTER 7: HUMAN RESPONSE SYSTEM: THINKING</b>	99
Thinking and the Environment: The Silent Dialogue	99
The Case of Dr. T	101
Disordered Thinking	102
Disordered Thinking and the Breakdown of Feedback	107
Summary	109
<b>CHAPTER 8: SELF-CONTROL: THINKING</b>	111
The Case of Dr. T	111
Counteracting the “Dangerous Environment” Hypothesis	113
Counteracting Thought Distractions and Increasing Concentration	117
Counteracting Irrational Thinking	124
Counteracting Disordered Thinking: Sports Psychology	129

Self-Control of Thinking and Feedback	131
Summary	134
<b>CHAPTER 9: HUMAN RESPONSE SYSTEM: BEHAVIOR</b>	<b>135</b>
The Case of Fred	135
The Case of James: A Phobic Behavior Pattern	137
Learned Maladaptive Behavior Patterns:	
Avoidance and Hyperresponsiveness	140
Creatures of Habit	142
Other Learned Behaviors	144
Maladaptive Habits of Living: The Breakdown of Feedback	145
<b>CHAPTER 10: SELF-CONTROL: BEHAVIOR</b>	<b>147</b>
The Case of Richard	147
The “Dangerous Environment” Belief Revisited	150
Confrontation or Taking Another Look:	
Counteracting the “Dangerous Environment” Hypothesis	150
Changing the Hyporesponsive Behavior Pattern:	
Adaptive Coping in a Depressed Individual	153
Changing the Hyperresponsive Behavior Pattern:	
Adaptive Coping in the Type A Individual	156
The “Safe-Environment: Hypothesis: Risk Taking and Assertiveness	159
Adaptive Exposure, Risk Taking and Assertiveness:	
The Case of James	165
Summary: Feedback and Behavior Change	170
<b>CHAPTER 11: HUMAN RESPONSE SYSTEM: A SUMMARY</b>	<b>172</b>
Feedback and Interpersonal Relations	174
Feedback, Learning and Human Behavior	175
Personal Feedback System	176
<b>CHAPTER 12: SELF-CONTROL: PERSONAL FEEDBACK</b>	<b>177</b>
An Adaptive Coping Strategy: The Case of Joseph Revisited	177
Self-Management	180
Uses of Self-Monitoring	187
The Second Stage of Personal Feedback:	
Use of Other Feedback-Facilitating Techniques	188

A Personal Feedback System: The Final Stage— A New Strategy for Living Happy, Effectively, and with a Minimum of Emotional Upset	189
The Case of Dorian: The Profound Effects of A Personal Feedback System	190
APPENDIX I: RESULTS OF MALADAPTIVE COPING	196
APPENDIX II: THE MUSCULAR RELAXATION RESPONSE	202
APPENDIX III: BEHAVIOR PROFILE	207
REFERENCES	211
INDEX	213



## **ADI** Aubrey Daniels International

**Regardless** Regardless of your industry or expertise, one thing remains constant: People power your business. At Aubrey Daniels International (ADI), we help accelerate the business and safety performance of companies worldwide by using positive, practical approaches grounded in the science of behavior and engineered to ensure long-term sustainability.

Founded in 1978, and headquartered in Atlanta, GA, we work globally with a diverse spectrum of clients. Our clients accelerate strategy execution while fostering employee engagement and positive accountability at all levels of their organization.

ADI provides clients with the tools and methodologies to help move people towards positive, results-driven accomplishments. ADI's products, programs and consulting support help anyone improve their business:

**Assessments:** scalable, scientific analyses of systems, processes, structures, and practices, and their impact on individual and organizational performance

**Coaching for Rapid Change®:** a systematic process for focusing managers and leaders to shape positive actions and get change to occur now

**Surveys:** a complete suite of proprietary surveys to collect actionable feedback on individual and team performance, culture, safety, and other key drivers of business outcomes

**Certification:** ADI-endorsed mastery of client skills in the training, coaching, and implementation of our key products, processes, and/or technology

**Seminars & Webinars:** a variety of engaging programs of practical tools and strategies for shaping individual and organizational success

**Scorecards & Incentive Pay:** an objective and results-focused alternative to traditional incentive pay systems

**Safety Solutions:** a robust suite of services including surveys, assessments, behavior-based safety, and safety leadership training and coaching, that build an optimal safety culture

**Expert Consulting:** specialized, hands-on direction and support from seasoned behavioral experts in the design and execution of business-critical strategies and tactics

**Speakers:** accredited and celebrated thought leaders delivering messages on topics such as sustainability, accelerating performance, and engagement

**Blitz Precision Learning®:** web-based application for developing, delivering, and administering training lessons that build mastery and fluency

ADI, an internationally respected corporation, is a leader in helping organizations and industries accelerate business performance by addressing a trait common to all humans—behavior.

phone  
678.904.6140

email  
info@aubreydaniels.com

web  
aubreydaniels.com

blog  
aubreydanielsblog.com

twitter  
twitter.com/aubreydaniels

facebook  
facebook.com/  
Aubrey.Daniels.International