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**D -Problems** How you approach problems and challenges  
**I -People** How you interact & attempt to influence people  
**S -Pace** How you respond to change and pace  
**C -Procedures** How you respond to rules & systems set by others

The **ADAPTED** or Response style describes the adaptive behaviors you tend to exhibit to thrive and excel in a working role.

The pressure to change is directly related to **stress** and energy expenditure.

Your **adjusted zone**.

The **NATURAL** or Basic style describes how you actually prefer to do things, without feeling that you have to "play a role." For most of us, this is our "home" style, when we leave work behind and **relax**, be ourselves, act any way that we please.

Your **most comfortable zone**.

	<b>D</b>	<b>I</b>	<b>S</b>	<b>C</b>	
<b>Adapted</b>					<b>Natural</b>
	intimidating bold belligerent demanding egocentric driving ambitious authoritative pioneering strong-willed visionary originator forceful goal-oriented determined aggressive competitive decisive big picture venturesome inquisitive innovative responsible	garrulous flamboyant effusive convincing superficial magnetic gregarious pleaser political enthusiastic inspirational expressive demonstrative persuasive warm convincing polished poised fun-loving optimistic trusting sociable	comatose-rigid phlegmatic relaxed resistant to change persistent non-demonstrative sympathetic passive loyal patient possessive settled modest predictable methodical consistent deliberate steady casual cooperative stable amiable pleasant	overly-dependent judgmental perfectionist uncompromising meticulous worrisome careful strict dependent cautious prudent conventional compliant exacting disciplined neat systematic diplomatic procedural accurate tactful detailed open-minded balanced judgment	
	conservative calculating cooperative tolerant accepting accommodating hesitant low-keyed unsure undemanding cautious gentle mild agreeable modest peaceful deferring unobtrusive yielding self-deprecating	reflective factual genuine skeptical logical undemonstrative suspicious matter-of-fact incisive private pessimistic reserved moody critical withdrawn confidential guarded unexpressive aloof	adjustable mobile active restless alert variety-oriented dynamic seek change demonstrative impatient hasty spontaneous pressure-oriented eager flexible coiled-spring volatile impulsive	firm independent self-willed stubborn obstinate opinionated unsystematic self-righteous flexible creative unconventional uninhibited free-thinker arbitrary unconstrained unbending avoid detail self-governing careless with details	
	<b>D I S C</b>				<b>D I S C</b>

## DISC Adjectives