

# Heart, Hand, and Head Personal Worksheet

**HHH Reflection**  
Individual Differences

<i>Heart Under Coordination</i>	<i>Hand Under Coordination</i>	<i>Head Under Coordination</i>
Responsive Engagers	Directive Doers	Reflective Thinkers
<i>Heart Under Stress</i>	<i>Hand Under Stress</i>	<i>Head Under Stress</i>
Give too much Over accommodate	Demand too much Dominate and control	Detach too much Dismiss and ignore
<i>Body Under Stress</i>	<i>Body Under Stress</i>	<i>Body Under Stress</i>
Hypervigilance Fear, Anxiety	Crying, Anger, Rage Hyperactivity, Mania	Shut Down, Glazed Depression, Dissociation

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**Individual Assessment:** Please describe yourself or a client under conditions of who you are (s/he is) at your (his/her) best, when you (s/he has) have the most **Coordination**.

There is no right or wrong answers. Notice in your descriptions if different contexts bring out different parts of yourself/themselves.

*Heart dynamics:*

*Hand dynamics:*

*Head dynamics:*

*Hybrid Combinations:*

Referring to the Table above, describe yourself under conditions of **Stress**. Notice in your descriptions if different contexts bring out different parts of yourself. Please make note of both interpersonal and physiological markers.

*Heart Under Stress:*

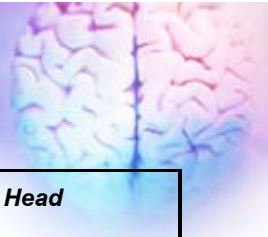
*Hands Under Stress:*

*Head Under Stress:*

*Hybrid Combinations Under Stress:*

# HHH Patterns

## Tracking Patterns Under Stress



<p><b>Heart &amp; Heart</b></p> <p>Both falsely smooth things over</p>	<p><b>Hand &amp; Hand</b></p> <p>Both lock into angry cycle</p>	<p><b>Head &amp; Head</b></p> <p>Both dismiss feelings and minimize</p>
<p><b>Heart &amp; Hand</b></p> <p>One caves in with fear to other's demands</p>	<p><b>Hand &amp; Head</b></p> <p>One pursues with anger while one avoids</p>	
<p><b>Heart &amp; Head</b></p> <p>One chases &amp; pleads while other dodges</p>		

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**Dyadic Assessment:** Please describe dyadic patterns between yourself and a significant other (or a client's dyadic patterns) under conditions of **Stress**. Some patterns are polarized (opposite and rigid), some are co-occurring (same type co-escalating), and some are chaotic (modes that shift).

**Load Conditions:**

1. Stress responses that occur too frequently and too quickly

Example:

2. Inability to adapt to normal challenges and transitions

Example:

3. Prolonged stress responses that take too long to recover (more than 10 to 20 mins)

Example:

4. Inability to recover from stress response back to baseline health (healthy sleep cycle, healthy awake state)

Example:

**Dyadic or individual load patterns.** Please describe yourself (or client) and the dyadic interpersonal pattern in terms of any Load Patterns that exist.