

## Don't Get Promoted Past Your Cat-ness: Tension And Risk

We all have a part of ourselves that is a dog. This is our *person* persona. We also have a cat part. This can be referred to as our *position* persona. Burnout is often a result of having a position or level of responsibility that is beyond the individual's tolerance level of tension and risk, both of which are more "cat" traits. The general rule is: **Never Get Promoted Beyond Your Level Of Cat-ness.** The purpose of this worksheet is to examine what your tolerance for tension and risk is.

Describe a job/position you have had where the level of tension/pressure or risk was too low. (ie, you were bored and wanted more responsibility) How was your motivation affected?

Describe a job/position you have had where the level of tension/pressure or risk was too high. How was your motivation affected?

Think of other people who have either too low or too high a level of tension and risk. How did that play out? (For example people in positions of authority who weren't "cat" enough, etc.)

Based on the above information what is an appropriate level of tension/pressure risk for you? What are your needs in terms of being challenged vs. feeling safe?