

As we continue to talk about stress, keep in mind that as weird as it sounds, some people are addicted to stress. For these individuals, it is possible for their past experiences to be so traumatic, disorganized, or chaotic that they find themselves being able to function in only highly stressful situations. So it is likely that these individuals, although they do not like the symptoms and distress of stress, they unintentionally find ways to have it around often times in very creative ways. Similarly, it is possible for someone to take on a victim type role where everyone and everything is against them. They blame others for their misfortune and stress. However, you are responsible for most of the stress in your life. Stress results not so much from what happens to you as to how you react to the things that happen to you. There is more to come. So be sure to check back.