

# STRESS – Sources and Results

## Cause

Ecological Challenge  
Internal Disturbance  
External Threat  
Inequality  
Instability = Uncertainty = STRESS

## Extent

Numbers Affected  
To What Degree  
For How Long  
For What Groups  
With What Power = Level of Seriousness

## Result

Consolidation  
Cooperation  
Unity  
Plan  
Commitment  
Implementation = Solution

Or

Disruption  
Competition  
Division  
Quarrel  
Scapegoating  
Confrontation = Conflict