

TENSION

Synonyms: stress, strain, anxiety, press

Tension is rampant in our population - and you have a bad dose of it too. What I mean by tension is storing up the bad things that happen, the stress and strain of daily life, storing all that up and mulling over it or letting it choke you up for days on end and keep you from acting in a relaxed and spontaneous way.

Operating under a high level of tension, you find it difficult to just let go and relax. You like to feel that you are firmly in control of yourself and because you don't want to get caught short, try to plan ahead for every contingency.

With a balance between relaxing and having fun and maintaining a certain amount of tension, you have developed an relaxed approach to life that gets you through the good times as well as the difficulties.

It isn't easy for you to just let go and relax because there is always a strong level of tension that keeps you feeling like you should be doing something, anything.

He tends to live on the surface, trying not to let everyday problems sink too deep because his present stress levels make him feel unable to take on much more. Operating under a high degree of tension, he finds it hard to relax and just be himself.

You need to recognize that there is a time to relax. When you are so focused on work, you may forget to play. Taking life seriously all the time can lead you to neglect your own needs and leave you feeling frustrated.

Often anxious and tense, he has a hard time channeling his frustrations. He's inclined to take them out on the nearest bystander, and that can quickly alienate a lot of people.

It is difficult for him to see things optimistically at the moment. He is experiencing some degree of inner anxiety which is causing tension and fluctuations in his energy levels.

You are experiencing a problem in connecting with people in a personal and easy way. Just the thought of facing a stranger makes your anxiety level soar.

Tension is an important factor in goal-setting and making progress. Without it, one would simply be a limp dishrag. However, too much tension destroys spontaneity.

When tension levels get too high, it is rather like an old fashioned clock spring wound too tightly--the slightest touch will set it off, to the unpleasant surprise of everyone around.

For this writer, one of the greatest sources of stress is unpleasantness in her relationships. If she thinks someone is displeased with her, or there is even a minor conflict, she is the instant victim of anxiety.

On the surface she appears calm and in control, even though she may be seething inside. She has developed effective coping strategies and will continue functioning adequately under pressure.

It seems as if you are so busy trying to get as much as possible accomplished from one day to the next that you don't have any time to really enjoy what you are doing.

When under stress, you may try to do too many things at once in order to avoid dealing with the real problems at hand.

You currently seem to be experiencing a steady stream of pressure and may feel like you just can't take on anything more. Consequently, you are living on the surface, trying to protect yourself and not to let things touch you too deeply.

Your propensity for worrying doesn't help the outcome of a situation, but inversely, takes its toll on you.

Reticence about expressing your personal feelings causes tension to build within you. As time goes on, it will gradually reach the point where the lid blows off. Tension is released, but soon starts rebuilding again.

Under pressure, the writer may cave in, rather than standing firm in his decisions.