



www.xapa.com



Reference Source  
"Powered by Me"  
by Dr. Neha Sangwan

Healing

# Social Burnout

Focus on social energy management, conflict resolution, and boundary setting to enhance relationships and emotional well-being. This module covers managing social interactions, recognizing diverse work styles, and fostering positive communication.

## Avoid Drama Triangle

Address issues directly, not through gossip.

## Identify Work Styles

Understand the four work styles —Doers, Seers, Thinkers, and Feelers.

## Set Boundaries

Establish and maintain personal boundaries.

## Value Diversity

Leverage each person's unique approach for greater achievement.

## Respect All Styles

Acknowledge the validity of all work styles.

## Understand Preferences

Recognize what drives Doers, Seers, Thinkers, and Feelers.



# Top 10 Teaching Points

1

Social energy fluctuates throughout each day with every interaction or exchange that you have.

2

There are four Work Styles: Doers, Seers, Thinkers, and Feelers.

3

By valuing different approaches, we can harness each person's gifts to accomplish more.

4

Doers love getting things done; Seers love following their creativity in any direction; Thinkers love analyzing complex problems; Feelers love being around other people.

5

All Work Styles are valid and can combine to round out our natural strengths and vulnerabilities.

6

Clear boundaries create safety and support in your relationships, so don't shy away from establishing them.

7

The success of your boundary-setting is not dependent on how others respond; it's about being true to yourself and your needs.

8

The Drama Triangle is a dysfunctional dynamic in which people talk about each other, not to each other.

9

Avoiding conflict only makes it grow bigger, transforming an interpersonal fight (between you and another person) to internal conflict (you versus you).

10

Regardless of outcome, it's important to voice your perspective and insights to create positive change in your work or home environment.

**KEY**

## TAKEAWAYS

01

Balancing Social Energy

02

Handling Conflict Promptly

03

Navigating the Drama Triangle

04

Setting Healthy Boundaries

05

Understanding and Valuing Work Styles