Behavior Patterns and Heart Health

**Type A Behavior (Anger and Hostility)**

*What is it?* A person who is ambitious, time conscious, extremely hardworking, and tends to have high levels of hostility and anger as well as being easily annoyed.

*How does it affect your heart?* Increased risk of developing cardiovascular disease over time; increased risk of heart attack.

**Type B Behavior**

*What is it?* A person who is relaxed and laid-back, less driven and competitive than Type A, and slow to anger.

*How does it affect your heart?* Helpful!

**Type C Behavior**

*What is it?* A pleasant but repressed person, who tends to internalize his or her anger and anxiety and who finds expressing emotions difficult.

*How does it affect your heart?* Not as detrimental as the Type A or Type D

**Type D Behavior**

*What is it?* A person who is prone to experience negative emotions and also inhibits the expression of emotion due to fear of rejection from others.

*How does it affect your heart?* Type D behavior is associated with poor physical and mental health status and poor self-management of cardiovascular disease.

**The Hardy Personality**

*What is it?* A person who seems to thrive on stress but lacks the anger and hostility of the Type A personality.

*How does it affect your heart?* Helpful!

*Strive for the hardy personality!*