

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!