

# “The 5 Stages of Stress”

## What To Do With This Chart

1. Take this Chart With You Everywhere You Go
2. Use it on Everyone You Know and Meet
3. Watch Peoples' Eyes & Compare With Chart
4. Make Sure Your Eyes Are Level with Their Eyes
5. Report Stages 4 & 5 to Authorities

Get The Accompanying Report/Audio  
“**Predict & Prevent Violence**” @  
[www.kathycommunicates.com/violence](http://www.kathycommunicates.com/violence)

“**Predict & Prevent Violence**” is also available  
as a seminar for your group.

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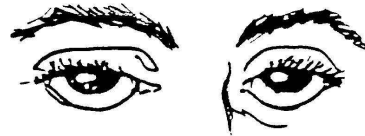
Whites Below One Iris Only

**1. Stress in life somewhere. Depth perception & peripheral vision is off. Accident prone.**



Whites Showing Below Iris

**2. A lot of pressure. Be aware of situation. These eyes want to unload.**



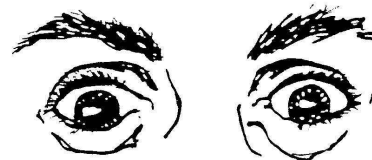
Whites Below Eyes, Half of the Iris Visible

**3. Be very cautious. Extreme pressure. These eyes are hiding something.**



Whites Below, Half of the Iris Showing, and Glassy Eyed

**4. Don't walk, run away! These eyes have psychotic tendencies.**



Three Whites Visible

**5. The eyes of a psychopathic killer. These eyes want to gain power of you.**