

Flexibility



Goal: It is important to monitor your own responses to change, because as you gain understanding about how you react to change, you will develop flexibility skills.

Part 1: List three changes that have occurred recently in your personal or professional life:

- 1.
- 2.
- 3.

Part 2: For each of the three changes, answer the questions listed below:

Questions	Change 1	Change 2	Change 3
What changed?			
How did you feel during the change?			
For times you felt negative (e.g., anxious, angry or scared), try to identify why you had negative feelings.			
For times you felt positive (e.g., excited, energized or happy), try to identify why you had positive feelings.			
What did you do to manage the change?			

Part 3: What are the implications for your life and/or your work?

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