

# HOW INFLEXIBLE ARE YOU?

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## Directions:

Everyone is inflexible about something, but knowing you are inflexible and working on this can be a big help in your relationships. Identify ways that you are inflexible and then rate your attitude from 1 (very inflexible) to 10 (a little inflexible). Then write down anything that could make you more flexible about each situation.

**1.** I am inflexible about. \_\_\_\_\_  
\_\_\_\_\_

How inflexible?    1    2    3    4    5    6    7    8    9    10

How can I become more flexible about this? \_\_\_\_\_  
\_\_\_\_\_

**2.** I am inflexible about. \_\_\_\_\_  
\_\_\_\_\_

How inflexible?    1    2    3    4    5    6    7    8    9    10

How can I become more flexible about this? \_\_\_\_\_  
\_\_\_\_\_

**3.** I am inflexible about. \_\_\_\_\_  
\_\_\_\_\_

How inflexible?    1    2    3    4    5    6    7    8    9    10

How can I become more flexible about this? \_\_\_\_\_  
\_\_\_\_\_

**4.** I am inflexible about. \_\_\_\_\_  
\_\_\_\_\_

How inflexible?    1    2    3    4    5    6    7    8    9    10

How can I become more flexible about this? \_\_\_\_\_  
\_\_\_\_\_

**5.** I am inflexible about. \_\_\_\_\_  
\_\_\_\_\_

How inflexible?    1    2    3    4    5    6    7    8    9    10

How can I become more flexible about this? \_\_\_\_\_  
\_\_\_\_\_