HOW INFLEXIBLE ARE YOU?

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? How can I become										□ 10	
2. I am inflexible about.											
How inflexible? How can I become										□ 10	
3. I am inflexible about.											
How inflexible? How can I become										□ 10	
4. I am inflexible about											
How inflexible? How can I become										□ 10	
5. I am inflexible about.											
How inflexible? How can I becom										□ 10	

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