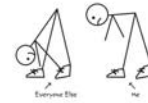


# How flexible are you?<sup>1</sup>



**Directions:** For each row, decide whether the statement to the left (*Statement 1*) or right (*Statement 2*) describes you better. Then, rate the degree to which that statement applies to you using a checkmark.

Just a little	Pretty much	Very much	<u>Statement 1</u>	vs.	<u>Statement 2</u>	Just a little	Pretty much	Very much
			I like the challenge of open-ended homework assignments, like writing and projects.	<b><u>OR</u></b>	I would rather do homework that has one right answer.			
			I have a "Plan B" to fall back on if my first idea doesn't work.	<b><u>OR</u></b>	I have trouble thinking of more than one solution to a problem.			
			I "go with the flow" and easily adjust to changes in plans.	<b><u>OR</u></b>	I am thrown for a loop when an unexpected change happens.			
			I can naturally "think on my feet."	<b><u>OR</u></b>	I need to prepare in advance.			
			I can "make things up as I go along."	<b><u>OR</u></b>	I need to plan out in my head how something will go in advance and get upset if it doesn't happen as planned.			

**Reflection:** What are your areas of strength & struggles? What could you do to improve your flexibility, and why would you want to? Be thoughtful!

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<sup>1</sup> From *Smart but Scattered Teens*. Copyright 2013 by The Guilford Press.

# Hard Times Board<sup>2</sup>



Triggers: What makes me mad



Can't dos



When I'm having a hard time, I can...

<sup>2</sup> From Dawson and Guare (2010). Copyright by The Guilford Press.

