



Adapting to Change

How You Are With Change Quiz

How well do you handle change? Take this quiz and find out! For each question, circle the answer that most applies to you. Then, tally up your scores using the key.

1. Change makes me feel:
 - Uncertain and afraid.**
 - Hopeful and inspired.**
2. When I get bad news, I:
 - Try to find the good in the situation.**
 - Eat a lot of chocolate.**
3. When I have a fight with a friend, I:
 - Think of their point of view.**
 - Focus on why they are wrong.**
4. My friends would probably say that I:
 - Avoid change at all costs.**
 - Try to accept change.**
5. When I am unsure about a change, I:
 - Sleep... a lot.**
 - Write in my journal or listen to music.**
6. When something changes in my life, I:
 - Long for things to be as they once were.**
 - Accept the change and work to move through it.**

 FOLD HERE TO HIDE THE SCORING KEY

Question	Answer	Score	Answer	Score	Your Score
1	Uncertain and afraid.	1	Hopeful and inspired.	4	
2	Try to find the good in the situation.	3	Eat a lot of chocolate.	1	
3	Think of their point of view.	4	Focus on why they are wrong.	2	
4	Avoid change at all costs.	2	Try to accept change	4	
5	Sleep... a lot.	2	Write in my journal or listen to music.	3	
6	Long for things to be as they once were.	1	Accept the change and work to move through it.	3	
				TOTAL =	

How to Read Your Score

19-21 points	Change Optimist: Change isn't something you handle, it's something you look for. You welcome every change that comes into your life.
11-18 points	Change Agent: Change is a familiar friend. You accept some change. You feel sure in your ability to change.
9-10 points	Change Novice: You don't like change. You're not alone. Many people find change difficult. Maybe find help from others to guide you through change.