

When I Can Be Myself and When I Need To Be Flexible

This worksheet is similar to "Identifying my catness and dogness." Check which qualities most closely describe you:

Category		Cat		Dog
Confidence	<input type="checkbox"/>	Is more confident than competency warrants	<input type="checkbox"/>	Is more competent than confident
Nonverbals	<input type="checkbox"/>	Credible	<input type="checkbox"/>	Approachable
Awareness	<input type="checkbox"/>	Not aware of dogs	<input type="checkbox"/>	Very aware of cats
Decision Making Process	<input type="checkbox"/>	Loves to decide	<input type="checkbox"/>	Would rather only gather info
Apology	<input type="checkbox"/>	What are you talking about?	<input type="checkbox"/>	Will initiate even when not at fault
Learning (new things)	<input type="checkbox"/>	If self selected, very excited	<input type="checkbox"/>	Wants to do things well
Conflict	<input type="checkbox"/>	Doesn't back away	<input type="checkbox"/>	Frightened and confused by it
When stressed	<input type="checkbox"/>	Seen as angry	<input type="checkbox"/>	Seen as pleading/victim
Emphasis	<input type="checkbox"/>	Issues	<input type="checkbox"/>	Morale/Relationship
Innate traits	<input type="checkbox"/>	Ambitious Just being themselves	<input type="checkbox"/>	Vulnerable Very aware of others
Self Image	<input type="checkbox"/>	Self Selective	<input type="checkbox"/>	Dependent on how others see them
Teasing	<input type="checkbox"/>	Loves being teased	<input type="checkbox"/>	Might become mean
Desire	<input type="checkbox"/>	Wants to be respected	<input type="checkbox"/>	Wants to be liked
Intrigue vs. clarity	<input type="checkbox"/>	Loves being intrigued	<input type="checkbox"/>	Loves clarity
Seeks	<input type="checkbox"/>	Challenge	<input type="checkbox"/>	Comfort

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In what situations can I be myself and, in doing so, be effective?

In what situations do I need to be flexible and modify my innate behaviors?

Reflect and share what you are learning about yourself.