

Characteristics of Growth and Change

At home	At work (or other area)	(1)	(10)
_____	_____	addicted to security.....	can handle change
_____	_____	must be right.....	willing to be wrong
_____	_____	withdraw.....	participate
_____	_____	rigid.....	flexible
_____	_____	dominated by fear.....	face fear
_____	_____	procrastinate.....	act decisively
_____	_____	blame others.....	take responsibility