

**C. Change.** In this chapter you learned that those who can embrace the big changes that come with divorce and optimistically work to make their lives better, not surprisingly, are able to adjust better to divorce. Try to assess your personality and attitudes about change. First, rate yourself with the following questions.<sup>273</sup> Circle the answers that best describe you.

How much or how often do these words or phrases describe you?					
	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Very Often (4)
A. Open-minded	0	1	2	3	4
B. Flexible	0	1	2	3	4
C. Easygoing	0	1	2	3	4
D. Adaptable	0	1	2	3	4

Now add up your score (it should be between 0–16): \_\_\_\_\_

- Higher scores indicate that you are more adaptable and flexible person.
- If your score is less than 10, then adaptability and flexibility are probably not strengths of yours. You may struggle more than others to adjust to the significant changes brought on by divorce.
- If your score is 10 or higher, then adaptability and flexibility are probably strengths of yours. Although this doesn't mean that you will have an easy time adjusting to a divorce, your ability to adapt to change may help you adjust better to the significant changes brought on by divorce.

Having completed this brief scale, now think about the following questions, answering them as honestly as possible:

**Flexibility.** Are you a person who can adjust fairly easily to changes or is that hard for you? Are you pretty flexible or pretty set in your ways? Write down your thoughts here:

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**Attitude.** What is your attitude about the changes that would need to come for you to adjust to divorce? Do you think you will embrace them or get worn down by them? Do you think you have the energy to pursue needed changes or will you struggle just to get by day-to-day? Would you welcome a divorce or would you dread it? Write down your thoughts here:

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