Reaction to Change

What's your reaction to change? Check the YES or NO box based on whether or not you exhibit this behavior when faced with change. It's not always as easy as yes or no so go with the majority of the time this is or isn't your reaction. If it helps you decide think of a typical situation and how you react.

		YES	NO
1.	I tend to view change as threatening.		
2.	I generally take risks despite potentially negative consequences.		
3.	I often feel victimized by change.		
4.	I assume that change will bring a new set of opportunities and choices that will produce even more demanding challenges.		
5.	I think change should progress in a logical and orderly fashion.		
6.	I tend to view change and its discomforts as a necessary part of the adjustment process.		
7.	I tend to have a low tolerance for ambiguity.		
8.	I tend to compartmentalize stress caused by change so that it will not cause disruptions in another area of my life.		
9.	I often see change as unnatural, unnecessary, and unpleasant.		
10.	I know the limitations of my personal and organizational resources.		
11.	I rarely see a need for change.		
12.	I rarely waste time, money, and energy pursuing change initiatives that cannon be successfully supported.		
13.	I generally respond in a reactive rather than proactive manner to change.		
14.	I tend to be creative to be creative about how to maximize the use of my resources.		
15.	I feel uncomfortable managing uncertainty.		
16.	I constantly challenge my own assumptions and frames of reference about how something can be accomplished.		
17.	I often interpret unexpected change as the result of personal or organizational agendas.		
18.	I usually recognize when I need to ask for help.		
19.	I tend to blame or attack others for the problems caused by change.		
20.	I tend to focus on the influencing others and resolving conflict.		
21.	I often see the world as being unpredictable, confusing and contradictory.		
22.	I tend to accept change as natural part of life.		
23.	I see major change as uncomfortable and a problem to avoid.		
24.	I rarely assume that my world will remain unchanged.		
25.	I find it difficult to break from established ways of doing things.		
26.	I see change as a challenge with problems to solve and opportunities to exploit.		

		YES	NO
27.	I find it difficult to effectively manage multiple tasks and demands at the same time.		
28.	I tend to have a high tolerance for ambiguity.		
29.	I rarely ask others for help when it is needed.		
30.	I often feel empowered during change.		
31.	I do not take risks when consequences are difficult to determine or clearly negative.		
32.	I usually display patience, understanding, and humor when dealing with change.		
33.	I have a hard time changing priorities during change.		
34.	I generally only need a short time to recover from adversity or disappointment.		
35.	I feel I am unable to influence others or resolve conflicts effectively.		
36.	I recognize my own strengths and weaknesses and know when to accept internal or external limits.		
37.	I tend to refrain from developing and maintain nurturing relationships that can be used for support during change.		
38.	I set and renegotiate priorities during change.		
39.	I often lack patience, understanding, and humor in the face of change.		
40.	I usually compartmentalize stress in one area so that it does not carry over into the other areas of my life.		