



Module 2: Assumptions and Worldview

Exercise 2-1 Personality Structure and Openness to Change

Let's go inside and ponder our openness to change. In this exercise you will give some thought as to whether you welcome change, resist it, or reject it, and what motivates these attitudes.

How do I really feel and respond to change in my life?

I am (check all that apply and type your thoughts in the gray areas below, then click outside the gray area to save your work):

_____ Open to new ideas. I easily take on and explore possibilities.

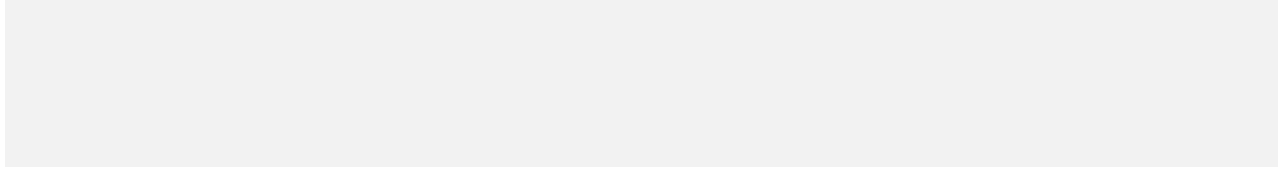
When and in what situations?

_____ Resistant to new ideas. It takes some convincing before I will change my mind.

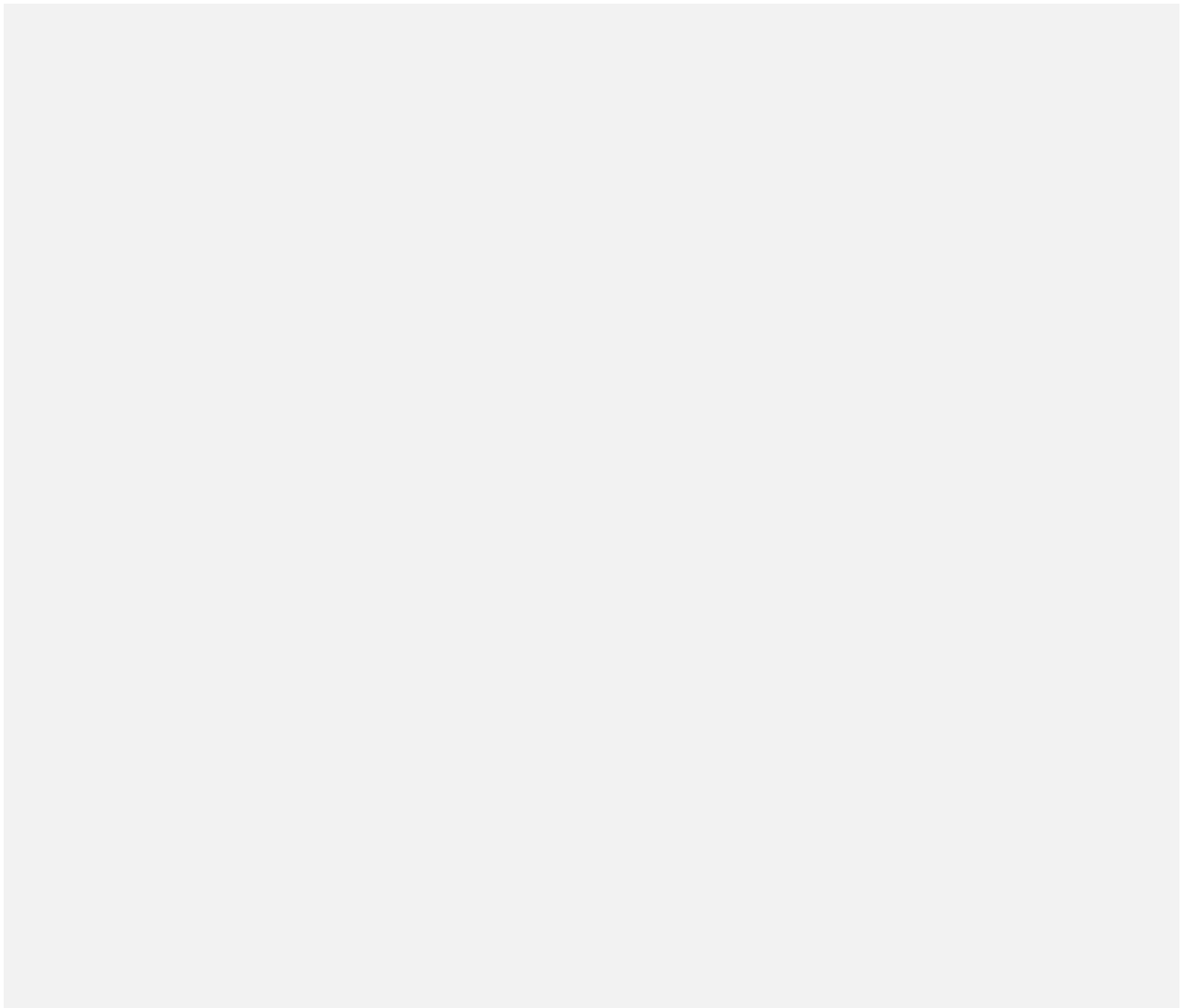
When and in what situations?

_____ Closed to new ideas. I am convinced that my understanding of the nature of the universe is correct and it is unlikely I will change it any time soon.

What and in what situations?

A gray rectangular area intended for the user to write their response to the question "What and in what situations?".

Journal (Express your thoughts in the gray area below. When done, click outside the gray area to save your work.):

A large gray rectangular area intended for the user to express their thoughts in a journal format.

