When faced with change I:

- Become excited and engaged
- Become nervous and anxious
- Become resistant or avoidant
- Try to be become organized and systematic

My patterns of dealing with change

- Focus on the details
- Have a hard time letting go of the past
- Want to jump ahead to beginnings without dealing with endings
- Tend to be indecisive and unfocused

In relating to others, I

- Tend to think I can manage it on my own
- Ask for help easily
- Worry a lot about what other people think
- Spend a lot of time listening and talking to others

When faced with multiple changes, I

- Try to keep the issues separate
- Tend to let one thing blur into another
- Am aware of the stress that puts me under
- Let people know what's happening with me.