

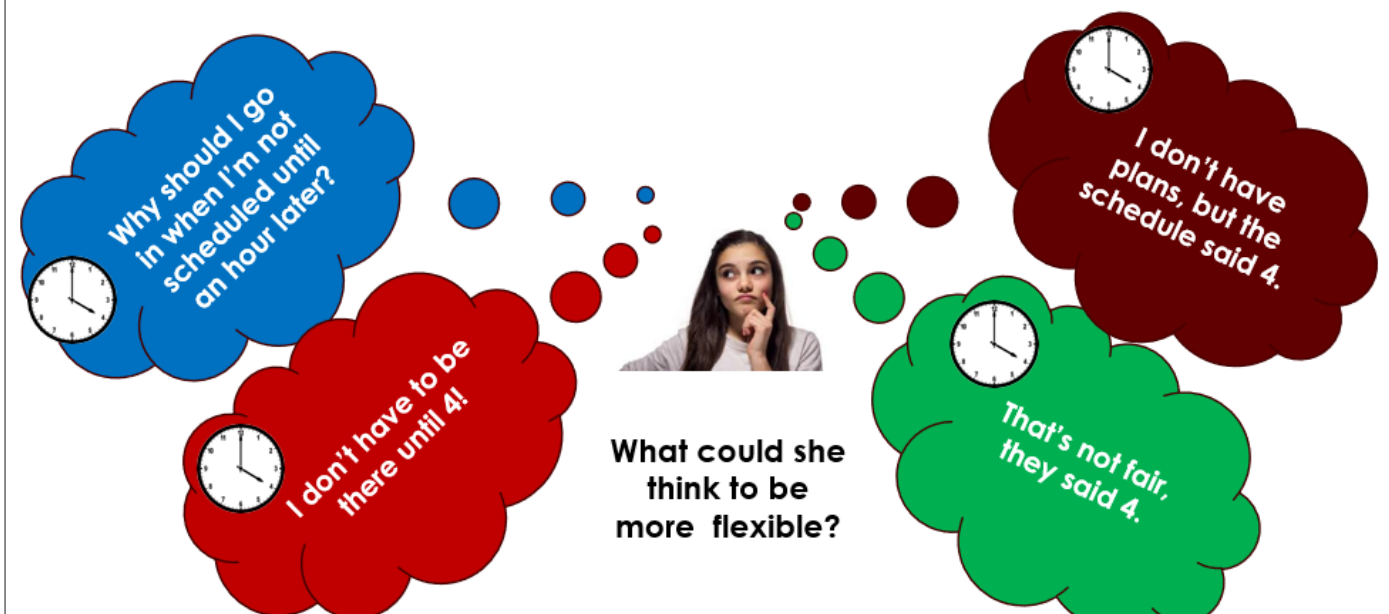
Michigan Alliance for Families

Youth Self-Determination Series 2 Session 3-Flexibility-Worksheet

Look at each situation and their thoughts.
Write how she could be more flexible.

Is she being flexible?

I am supposed to be at work at 4, and my boss asked me to come in at 3....



The image shows a young woman with long dark hair, looking thoughtful with her hand on her chin. She is surrounded by four thought bubbles, each containing a different perspective on the situation. The bubbles are colored blue, red, green, and dark red. Each bubble also contains a small clock icon. The bubbles are connected to the woman by a series of small circles of the same color.

Thought bubbles:

- Blue bubble: Why should I go in when I'm not scheduled until an hour later?
- Red bubble: I don't have to be there until 4!
- Green bubble: That's not fair, they said 4.
- Dark red bubble: I don't have plans, but the schedule said 4.

What could she think to be more flexible?

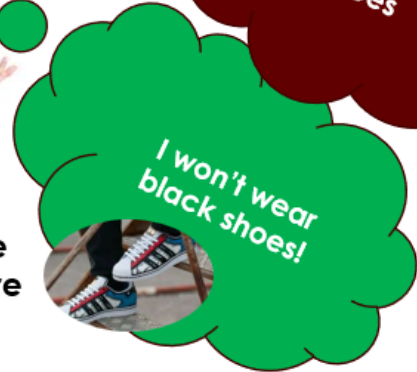
What could she think or do to be more flexible:

Is he being flexible?

Mom wants me to wear my BLACK shoes, but I only want to wear my BLUE shoes!



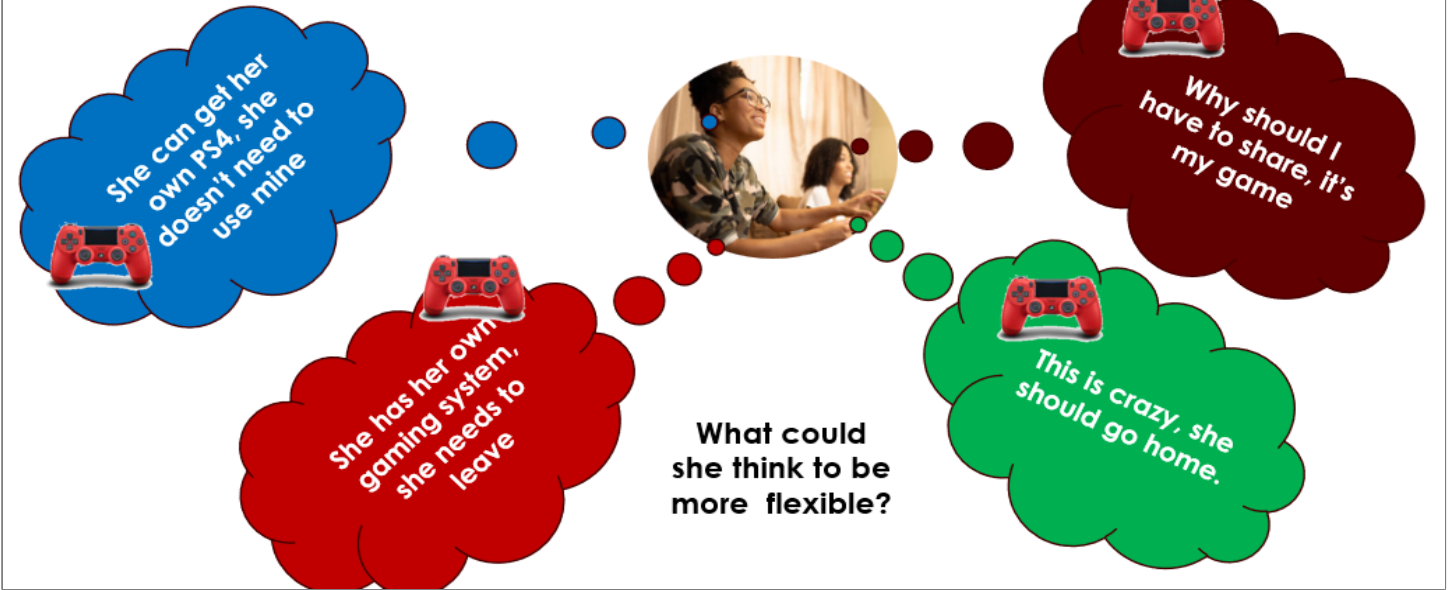
What could he think to be more flexible?



What could he think or do to be more flexible:

Is she being flexible? Is she stuck?

Dad said I should share my PS4 game with my friend, but it's my game...



What could she think or do to be more flexible: