

# Flexible vs. Rigid Thinking

---

Flexible thinking occurs when you are able to adapt to changes in your environment. Rigid thinking occurs when you are not able to accept change and become stuck when presented with a challenge. In the following shapes, list items that are flexible (e.g., dough, string) or rigid (e.g., rock, pencil). Then brainstorm ways that thinking can be flexible (e.g., telling someone they hurt your feelings when you are upset, listening to others' opinions even if you disagree) or rigid (e.g., yelling at someone when upset, not listening to others).

