

IS CHANGE POSSIBLE?

Here's a quick, thirty-second quiz. Read the following statements, then rate the extent to which you agree with each using a scale of 1 to 6, where 1 means "strongly agree" and 6 means "strongly disagree":

_____ *People don't change.*

_____ *I can't improve my intelligence that much.*

_____ *If I'm bad at something, it probably means I'll never be good at it.*

_____ *I can't develop talent at something. I either have it or don't have it.*

Score: If you tended to answer 4 or higher, your answers reflect a flexible self-view. If you tended to answer 3 or lower, your answers reflect a fixed self-view.

With a fixed self-view, you're stuck in the advisor's rules, which make it seem as if you can't change or improve. With a flexible self-view, you have rules that help you to grow, and you're able to let go of rigid rules when they aren't useful. Having a fixed self-view keeps you stuck inside your advisor space, whereas having a flexible self-view allows you to use all of your DNA skills.