

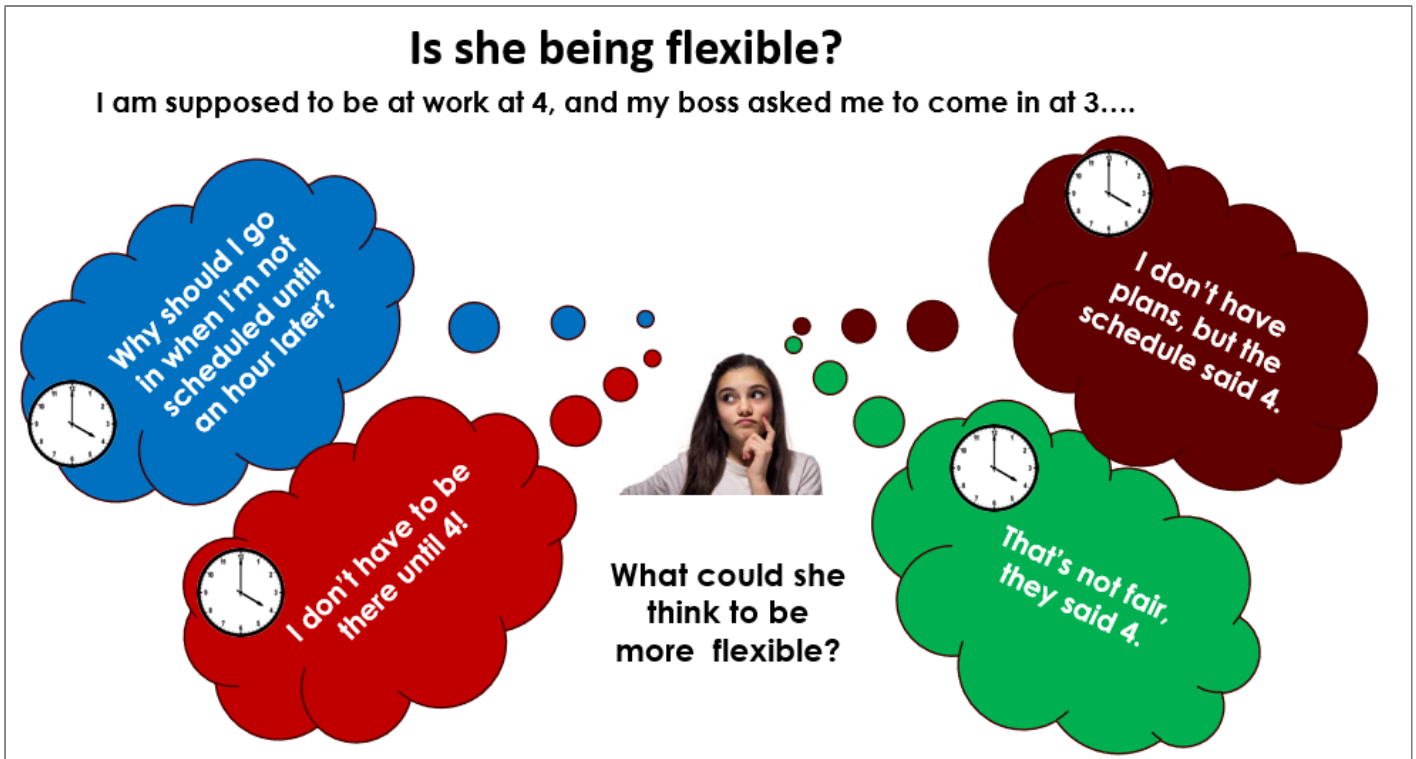
# Michigan Alliance for Families

## 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 woman in the center, looking thoughtful with her hand on her chin. She is surrounded by several thought bubbles, each containing a clock icon and text. The bubbles are colored blue, red, green, and dark red. The text in the bubbles represents different perspectives on the situation: questioning the schedule, expressing frustration about the change, feeling it's unfair, and acknowledging a lack of plans.

What could she think to be more flexible?

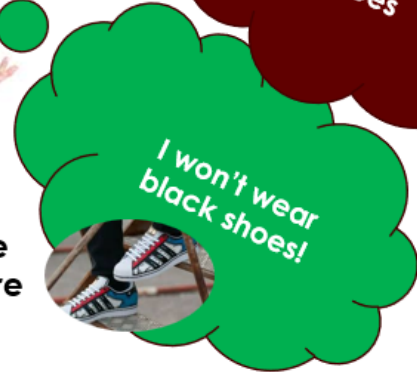
**What could she think or do to be more flexible:**

## 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:**