

Active & Passive Responses to Change

Active

Challenging

Directing

Taking Charge

Seeking Out

Solution Finding

Leading

Open

Flexible

Embracing

Opportunity

Animated

Looking Forward

Fighting

Excited

Energetic

Can-Do

Options

Ready

Passive

Fearful

Apathy

Being Led

Sad

Victim

Waiting to be directed

Problem Finder

Passive

Neutral

Flounder

Blaming

Negative

Procrastinate

Highly stressed

Worry

Just afloat

Resigned

Sinking