

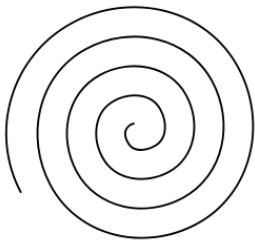
ADAPTABILITY QUESTIONNAIRE

HOW DO YOU HANDLE EMOTIONS, CHANGE, AND UNCERTAINTY?

Change is an inevitable part of life—it can be exciting at times and challenging at others, but it always carries the potential for growth.

Adaptability is the ability to adjust to new circumstances, think flexibly, and manage emotions consciously in the face of uncertainty. It determines how we navigate turning points and how effectively we transform challenges into opportunities.

This questionnaire is an **invitation to self-reflection**—how well do you leverage your adaptability in everyday life?



INSTRUCTIONS:

Read each statement and assess how well it reflects your thinking and behavior. **There are no right or wrong answers**—this is a moment for you to explore yourself and identify which aspects of adaptability are your strengths and which may offer room for growth.

RESPONSE SCALE:

- 1 – Strongly Disagree
- 2 – Somewhat Disagree
- 3 – Sometimes Yes, Sometimes No
- 4 – Somewhat Agree
- 5 – Strongly Agree

I can remain calm and think clearly, even in stressful situations.	1	2	3	4	5
I struggle with the experience of uncertainty. <i>[R]</i>	1	2	3	4	5
I usually adapt to new circumstances, even if they require a major shift in approach.	1	2	3	4	5
I can look at problems from different perspectives.	1	2	3	4	5
When I encounter obstacles in implementing new ideas, I quickly lose motivation. <i>[R]</i>	1	2	3	4	5
I prefer predictability and stability—change often makes me uncomfortable. <i>[R]</i>	1	2	3	4	5
Even under stress, I try to look for new opportunities within it.	1	2	3	4	5
Changing the way I think can influence my emotions and the outcomes of my actions.	1	2	3	4	5
I believe that mistakes are one of the greatest sources of learning.	1	2	3	4	5
Uncertainty causes me stress and anxiety. <i>[R]</i>	1	2	3	4	5
I usually find a way to turn frustration into something constructive.	1	2	3	4	5
I believe that every experience—even difficult ones—can teach me something valuable if I reflect on it.	1	2	3	4	5
When my ideas face criticism, I lose motivation to keep going. <i>[R]</i>	1	2	3	4	5
I have the ability to think openly and recognize multiple possible pathways.	1	2	3	4	5
When I experience difficult emotions, I can accept them and find meaning in them.	1	2	3	4	5

RESULTS INTERPRETATION – ADAPTABILITY

It's not about whether change will happen—it's about how you embrace it.

Change is one of the few certainties in life. We don't always have control over what happens, but we can consciously **develop adaptability, regulate emotions, and take a flexible approach to challenges.**

How do you react when things don't go according to plan? Do you see uncertainty as a space for growth, or does it feel like a source of discomfort? How often are you able to let go of old patterns and try new approaches?

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Your score in this questionnaire does not define you—it is simply a **starting point for reflection** on how you navigate change and evolving circumstances.

Calculate Your Score:

- First, **reverse** the values for statements marked with **[R]** (1 ⇌ 5, 2 ⇌ 4, 3 remains unchanged).
- Sum up your responses. The final score ranges from **15 to 75 points**.

61–75 Points – Master of Adaptability

Your ability to adjust to change is a **key asset**. You can **maintain mental clarity even in stressful situations, quickly adopt new perspectives, and view challenges as opportunities to learn**.

This doesn't mean that change is always comfortable for you—but you **know how to manage it** and use your influence to shape reality.

- ✓ You naturally **see opportunities**, even in difficult moments.
- ✓ You **regulate emotions** rather than being overwhelmed by them.
- ✓ You can **make decisions**, even when you don't have all the answers.

How can coaching with me help you?

Your adaptability is a strength—but are you making the most of it? **Coaching can help you balance flexibility with stability, strengthen your psychological resilience, and turn adaptability into a strategic advantage in both life and work.**

Are there areas where you want to **make bolder choices**? Do you want to learn how to **not only react to change but actively shape it**?

40–60 Points – Stability in Change, with Room for Growth

You have the ability to **adapt**, but you might not always **fully leverage** it. You can adjust to circumstances, but in some areas, you may **resist change more than you realize**.

- ✓ You **value predictability**, yet you recognize the benefits of new opportunities.
- ✓ Sometimes, change excites you, but at other times, it creates discomfort.
- ✓ You might not always have the tools to effectively manage the stress that comes with uncertainty.

How can coaching with me help you?

Certain **automatic thinking patterns and emotional responses** may be easier adapted in some areas while creating barriers in others. **Coaching will help you recognize these patterns and learn how to consciously use your strengths to feel more confident in a dynamic world.**

What habits support your **flexibility**, and which ones hold you back? What would help you unlock more of your **potential in times of change**?

15–39 Points – Adaptability as a Challenge, but Also a Growth Opportunity

Your results suggest that **change and uncertainty may feel overwhelming for you**. You might **prefer a sense of control** over your reality and struggle to find value in what is unpredictable.

- ✓ **Uncertainty** may trigger anxiety or frustration for you.
- ✓ You tend to **stick to familiar patterns** rather than experiment with new approaches.
- ✓ Changes in your environment might feel **stressful rather than motivating**.

How can coaching with me help you?

Adaptability **does not mean instability**—it's about developing an inner **sense of steadiness and confidence in an evolving world**. Coaching can help you **understand your thinking patterns and beliefs** and find ways to **feel more in control, even when life is unpredictable**.

- ✓ Can you learn to **find value in difficult emotions**?
- ✓ How can you shift your perspective so that setbacks **become learning experiences rather than threats**?
- ✓ How can you break through **internal barriers** and start seeing change as an opportunity for growth?

WHAT'S NEXT?

Remember: **Adaptability is a skill that can be developed—regardless of your starting point.** The goal is **not to eliminate discomfort around change**, but to learn how to **manage it and transform it into an inner strength.**

Coaching is a space where we can do this together. I can help you **make more intentional use of your adaptability, manage stress more effectively, and take action with greater confidence—even in uncertainty.**

Maybe now is the perfect moment to **discover how to make change work for you.**

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🔒 Protecting Your Privacy:

This questionnaire is designed for your personal reflection. Please do not send me your results via email or other means – protecting your data is my priority. If we decide to work together in a coaching process, I may offer you a similar tool tailored to your individual situation.

🔒 What's next?

If you found this experience valuable, why not take the next step? Coaching can help you fully unlock your potential and turn insights into meaningful action.

✨ Spread the inspiration!

Know someone who might benefit from a similar reflection? Feel free to share my website with those who might be interested in coaching.

🔒 Check my website for up-to-date contact details and reach out if you'd like to learn more.

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