

Adaptability

The ability to adjust your emotions, thoughts and behaviours to changing situations and conditions, being open to change, new ideas, challenges and approaches.

noun

1. the quality of being able to adjust to new conditions.
2. the capacity to be modified for a new use or purpose.

- Expect change.
- Attempt to understand the rationale for the change.
- Focus on the benefits.
- Constructively control and filter your emotions.
(When you are emotional it becomes very difficult to be open to other people's perspectives, and it is very easy to defend your own.)
- Maintain a resilient attitude.
- Examine your personal motivations for resisting – and making – changes.
- Stop defending the old ways of doing things.
- Embrace the idea of learning and doing something new.
- Allow yourself to think creatively.
- Ask for help.

One thing that can have a positive effect on adaptability is a capacity to understand things from more than just our own perspective.

At the beginning of our life, we remain fixed in our own perspective of the world and, hopefully, as we get older, we can begin to see that not everyone sees things the way we do.

Your perspective is formed by your experiences and is often self-serving and seeks to uphold your sense of who you are.

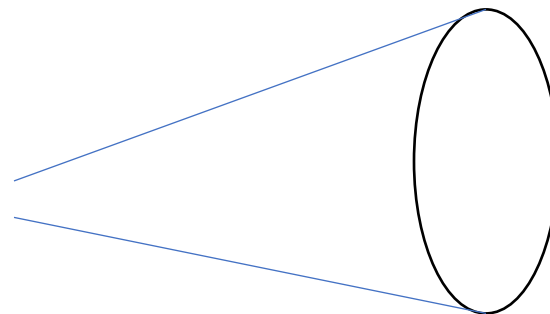
However, seeing things from the perspective of another that differs from your own, can open us to new ways of understanding and doing things.

A broader appreciation for different ways of seeing the same thing can help us to learn, grow, and adapt.

Do not underestimate the importance of taking on others' perspectives and being less defensive of your own. Being adaptable and non-defensive is an appealing quality that is highly valued.

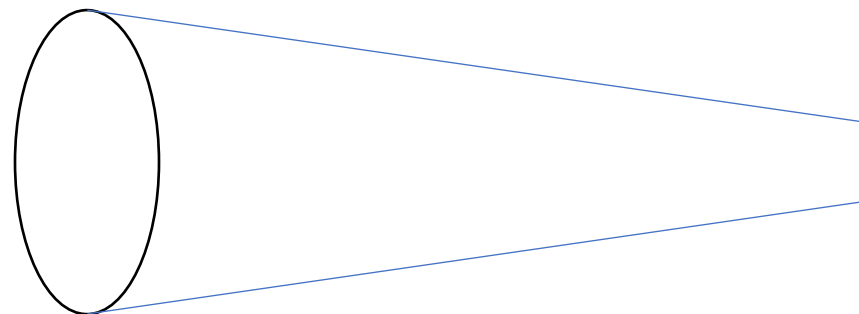
The reverse lens

The reverse lens allows you to ask yourself, 'What would a trusted, understanding friend say about my current situation?'



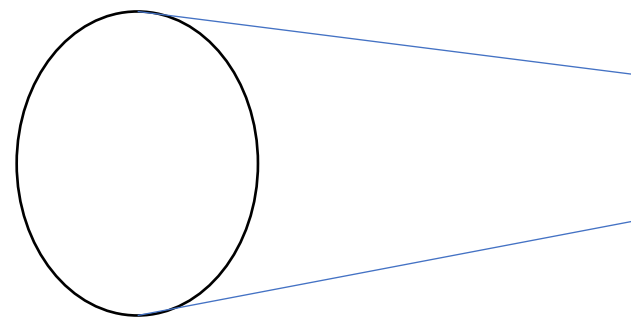
The long lens

Wearing the long lens ask yourself, 'How will I most likely view the situation in six months, a year's time?'



The wide lens

With the wide lens you ask yourself, 'Regardless of the outcome of this situation, how can I learn and grow from it?'



*If you don't like something,
change it. If you can't
change it, change your
attitude.*

(Maya Angelou)

The expectations you place on people or from situations can strongly influence your reactions and responses to every encounter presented to you, including learning.

Having fixed expectations can limit your adaptability and, when these expectations are not met, may cause you to become frustrated, angry, and defensive.

Such negative reactions get in the way of your ability to adapt to these situations and learn constructively from the encounter. Removing expectations can be difficult at first but leads to greater adaptability and more openness to your experiences whatever they may be.

Write a brief list of expectations you currently have about yourself, significant others and your current situation.

“I expect that...”

How do you think you might feel if these expectations were not met? Try rewriting them.

Remember, removing expectations is different to not caring, you still hold opinions about what you would like, you just become more open to the situation, and you become less dependent on the outcome, allowing yourself to adapt more easily to whatever happens.

One of the things that can make it difficult to adapt to change and uncertainty is seeing things in a rigid way and holding on uncompromisingly to fixed ideas.

Consider the following questions:

- Take a moment and write down a list of some of your inflexible thoughts/beliefs.
- How does being fixed in these thoughts/beliefs assist you? What is the payoff?
- How do they limit you or hold you back?



Accept and Adapt

hgf

