**The Keys To Being Able To Adapt To Any Situation**

This is just one of the exercises from the book Be More Kid. To gain maximum benefit, it should be carried out in conjunction with reading the book and as part of the other Be More Kid exercises.

This exercise will allow you to explore your own thought processes.  **Ask yourself the following questions:**

**●  Can you remain in control of your emotions?**

**●  In any communication, disagreement happens in the detail as that’s where differences show out. Are you easily able to stay high level in any discussion and stay out of the details? If not, think about what’s behind that, as having that flexibility you might even find you are both saying the same thing but in a different way, and your higher intention is actually the same.**

**●  What’s behind you taking a particular position within communication? Is it driven by emotion? How can you get your outcome a different way? Remember that the more adaptable you are, the easier it will be to get your outcome in a win–win way for everyone.**

**●  Do you take other people’s comments or behaviour personally? Remember it’s their *sh\*tuff* not yours.**

**●  Do you hold grudges or hold onto bad feelings? Remember that this harms no-one but you. There’s a quote that’s often attributed to Buddha, ‘Holding onto anger is like drinking poison and expecting the other person to die’. Keeping anger in your body causes dis-ease and the only person who is negatively affected is you.**

The above exercise is intended to be a thought exercise to understand yourself better and identify areas where you may wish to change your approach, as the more flexible you are with your communication the better the communication will be.