

Flexible mind

Loose elastic



I keep an open mind.

I accept that we all have different ideas and am open to new opinions and choices.

I am patient.

I let the person finish explaining without interrupting.

I listen attentively.

I keep my mind flexible and open to new possibilities.

I am open to new things.

I give time for questions and explanations.

I allow time for the information to sink in.

Rigid mind

Tight elastic

I have already decided without listening to the other person.

My opinion is the best.

I don't want to take the time to listen to others.

I'll interrupt because I'm right.

I don't need to listen to other people's opinions.

My mind is closed and rigid.

I am afraid of new things.

I know everything already and don't give the other person the chance to explain.

I make choices quickly and without giving time for the information to sink in.