



Pierrette Desrosiers
PSYCOACHING

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QUESTIONNAIRE – OPENNESS TO CHANGE

Using the following guide, rate each of the statements below with a number from 1 to 5 as it applies to you.

1- LITTLE 2- RARELY 3- SOMETIMES 4- FREQUENTLY 5- MANY

1.	I have a constant need to learn.	
2.	I like meeting new people.	
3.	I tend to be guided by my intuition.	
4.	I adapt easily to unforeseen situations.	
5.	I like taking risks.	
6.	I am open to new experiences.	
7.	I am optimistic by nature.	
8.	I understand that things do not always go as expected.	
9.	I usually manage to pull my share of the load.	
10.	I like the unexpected.	
11.	I always have the impression that new things are for the best.	
12.	I easily adapt to a new environment.	
13.	I allow myself to change my ideas.	
14.	I can forge ahead even if I am uncertain.	
15.	I am capable of carrying on while having faith in my destiny.	
TOTAL		

RESULTS

FROM 0 TO 30: I have some difficulty to accept change.

FROM 31 TO 50: I am more and more open to change.

FROM 50 TO 75: I can initiate change.

The above Questionnaire was conceived by the Service of orientation and psychological consultation (SOCP) of the University of Montreal.