

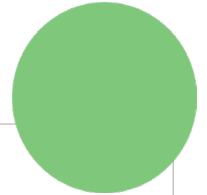


Shape Flexing Exercises

Raise the probability that others see the true intent in your behavior when you “Shape Flex”.

Working with Yourself

List some of the people in your life who exhibit Circle traits?



Responses

Actions

Who do I know that is a primary Circle and what Circle traits can I learn more about?

Responses

Actions

Raise the probability that others see the true intent in your behavior when you “Shape Flex”.

Working with Yourself



List some of the people in your life who exhibit Box traits?

Responses

Actions

Who do I know that is a primary Box and what Box traits can I learn more about?

Responses

Actions

Raise the probability that others see the true intent in your behavior when you “Shape Flex”.

Working with Yourself

List some of the people in your life who exhibit Triangle traits?



Responses

Actions

Who do I know that is a primary Triangle and what Triangle traits can I learn more about?

Responses

Actions

Raise the probability that others see the true intent in your behavior when you “Shape Flex”.

Working with Yourself

List some of the people in your life who exhibit Rectangle traits?

Responses

Actions

Who do I know that is a primary Rectangle and what Rectangle traits can I learn more about?

Responses

Actions

Raise the probability that others see the true intent in your behavior when you “Shape Flex”.

Working with Yourself

List some of the people in your life who exhibit Squiggle traits?



Responses

Actions

Who do I know that is a primary Squiggle and what Squiggle traits can I learn more about?

Responses

Actions

Working with Others

Choose a friend, family member or co-worker as a partner in this exercise.

What would your partner tell you to do to increase, decrease or manage your Squiggle to be more effective?

Responses



Actions

What would your partner tell you to do to increase, decrease or manage your Rectangle to be more effective?

Responses



Actions

What would your partner tell you to do to increase, decrease or manage your Triangle to be more effective?

Responses



Actions

Working with Others

Choose a friend, family member or co-worker as a partner in this exercise.

What would your partner tell you to do to increase, decrease or manage your Box to be more effective?

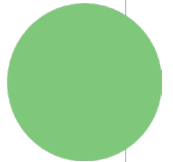
Responses



Actions

What would your partner tell you to do to increase, decrease or manage your Circle to be more effective?

Responses



Actions

Working with Others

Choose a friend, family member or co-worker as a partner in this exercise.

What shape traits would you suggest **your partner** flex to so that they may improve their own communication style?

Responses

Actions

What shape traits would your partner suggest **you flex** to so that you may improve your communication style?

Responses

Actions