

RIGID

Synonyms: stiff, obdurate, uncompromising, constrained,

Happiest in situations where she knows what to expect, she doesn't feel comfortable with last minute changes to her plans.

He can be quite put out when someone is late for an appointment or behaves in a manner that he didn't expect.

When feeling constrained, it is hard for you to accept changes, even though you know they are necessary.

Because you demand that things be done the right way, others may regard you as being rigid or inflexible. Keeping a sense of humor can help you see the lighter side of things.

She wants to be easygoing, disinterested, but the feelings, energies, appetites and needs when aroused with a sudden impulse are controlled.

It is nearly impossible for this individual to unbend and be spontaneous. He has so long been accustomed to conducting himself in a particular fashion that to try something new would be unthinkable.

Her inflexibility of thought keeps her from experimenting with new methods and techniques that might prove to be more effective than those she has used for so long.

A conservative type, he likes to keep a strict status quo.

A lack of resilience puts the writer at a disadvantage when it comes to adapting to the environment and the demands of the job.

Lacking a certain mental agility, he is unable to adjust to rapidly changing situations.

This writer seldom yields a point to gain time and understanding. Consequently, he closes the door to compromise.

Operating from certain insecurities, this individual feels personally threatened by differing viewpoints. This makes her less

flexible than desired.

Her own personal frustrations spill over into other areas of her life and tend to put others on the defensive.

This individual lacks the receptivity needed by a socially amiable, mentally adaptable character.

Hampered by some inhibitions, this writer may be unable to act freely and spontaneously.