

WHEN SHOULD I **FLEX**?

There are usually some powerful signals that you need to be more **FLEX**-ible when interacting with people, starting with the emotions that surface.

If you're becoming frustrated, angry, upset, or nervous when dealing with someone, things are probably not going well. If you are constantly feeling ignored, disempowered, or helpless, you probably need to use **FLEX**.

Another sign that you need to be more **FLEX**-ible is when you can't seem to achieve your goal during an interaction. **FLEX** allows you to get the results you want instead of settling for the outcome you're handed.