



Steppingstone #31

Inertia

Strongly disagree **0** **1** **2** **3** **4** **5** **6** **7** **8** **9** **10** Strongly agree

A. I am generally resistant to change

B. I do not like to try new things

C. I do not cope well with change

D. I like to stick to the comfort of my routines

E. I often continue to do things that are not helpful to me in the longer term

F. I tend to adopt the same approaches to most things in life

G. I often do not notice when I need to change the way I do something

H. I like to keep things as they are as a rule

I. I dislike having to change my plans at the last minute

J. I would describe myself as a 'creature of habit'

Total