

GLC20 Unit 3: Preparations for Change

Activity 1: The Challenge of Change

Overview

Our lives are constantly changing, and it is important for us to recognize and accept this. Throughout this activity you will have the opportunity to examine areas of your life in which you have grown and developed. You will then reflect on these changes, how you dealt with them, and areas in which you can work to improve.

Lesson

The Challenge of Change

Change can be very difficult for some people to handle. This is because to some people change means a change for the worse, but this is not always the case. Change can be very positive. It can mean new opportunities and challenges. It can mean new friends and adventures.

When some people encounter change, they react in a negative fashion. They fear the change or are angry about it, or look for all the things that could go wrong as a result. These are valid reactions, meaning that we should never tell people that what they are feeling is wrong. But there is another way of reacting to change - a positive way. When one reacts positively to change, one is seeing all the possibilities that were not there before.

This is not always easy, as the unknown is scary. Just think of the last horror movie you saw: waiting to see what was behind the door was much scarier than what was actually there. The same is true with change. The path leading up to change is usually much scarier than the change itself.

So when we encounter change, although our first reaction may be negative, we should try to reason through those negative feelings to find the possible positive outcomes as well.

Assignment

1. Create a timeline outlining five major events in your life. Write a reflection on this timeline, which includes your emotional reactions and your behavioral response to these changes.