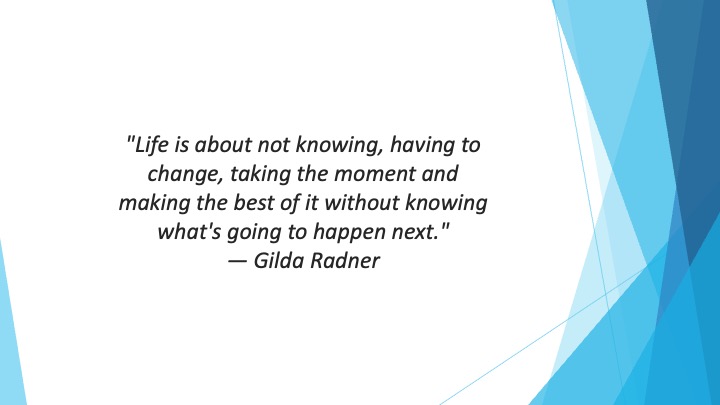
**Chapter 2: Is Change Inevitable for Growth?**

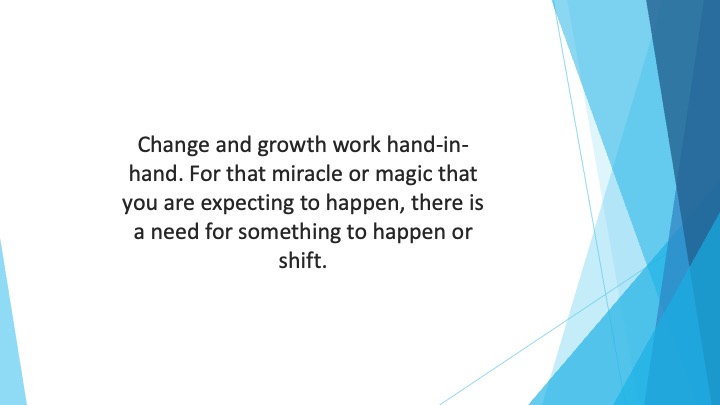
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**S1** : In this video, we’ll discover about “Is Change Inevitable for Growth?”

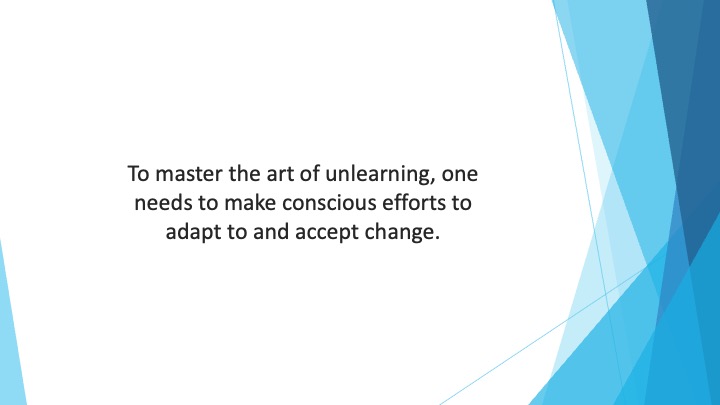


**S2 :** "Life is about not knowing, having to change, taking the moment and making the best of it without knowing what's going to happen next."

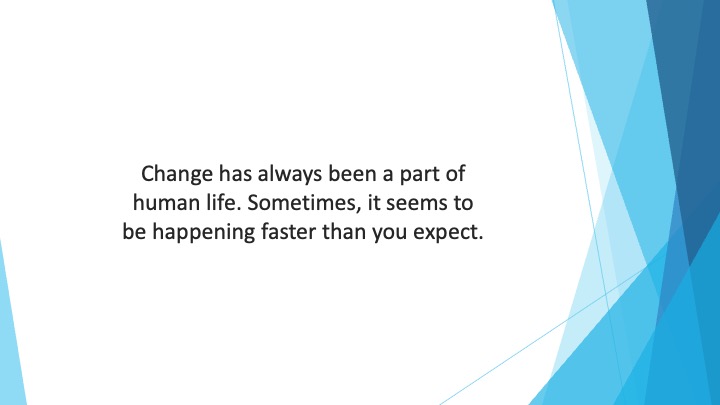
— Gilda Radner



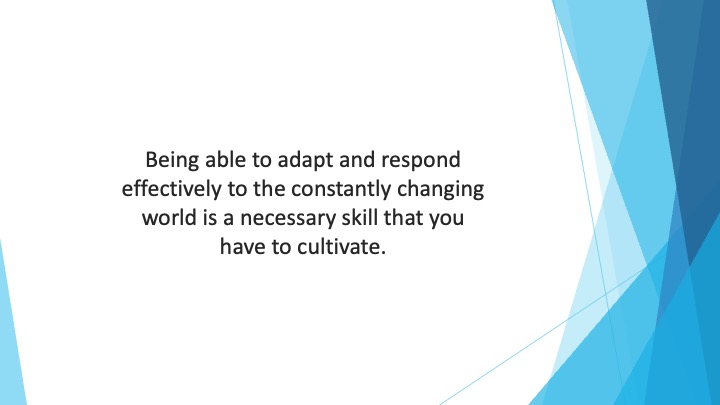
**S3** : Change and growth work hand-in-hand. For that miracle or magic that you are expecting to happen, there is a need for something to happen or shift. This exactly is what we refer to as change.



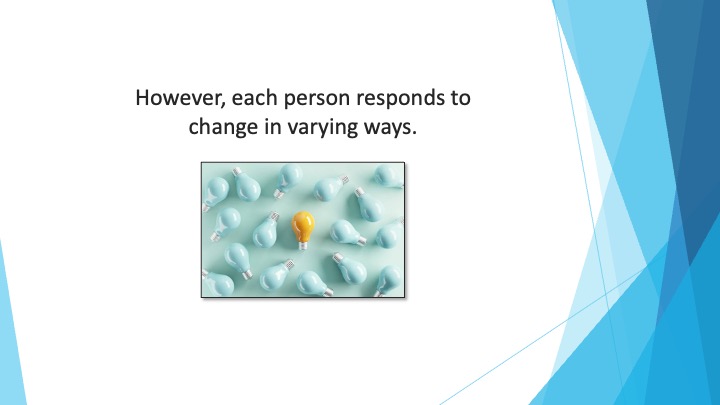
**S4** : To master the art of unlearning, one needs to make conscious efforts to adapt to and accept change.



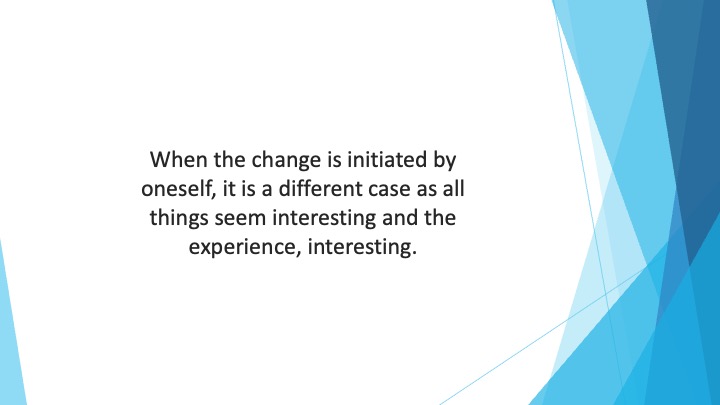
**S5 :** Change has always been a part of human life. Sometimes, it seems to be happening faster than you expect. In this case, it becomes inconvenient and uncomfortable.



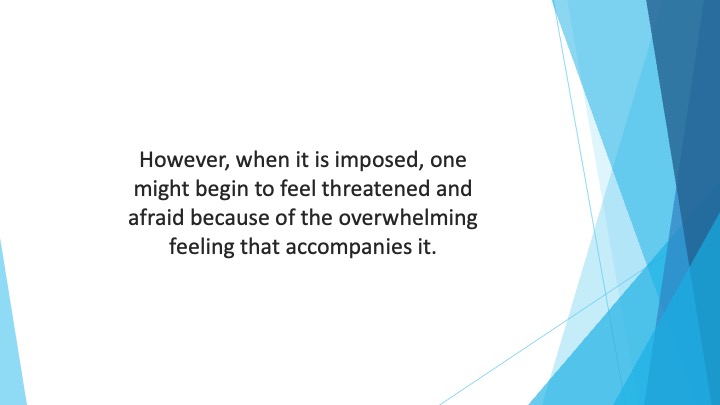
**S6 :** Being able to adapt and respond effectively to the constantly changing world is a necessary skill that you have to cultivate.



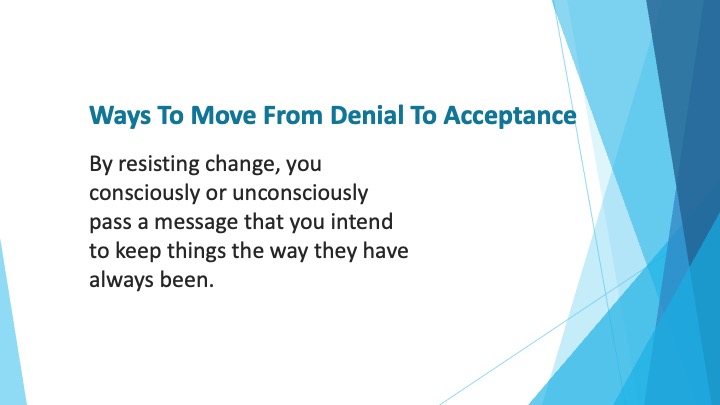
**S7 :** However, each person responds to change in varying ways.



**S8 :** When the change is initiated by oneself, it is a different case as all things seem interesting and the experience, interesting.

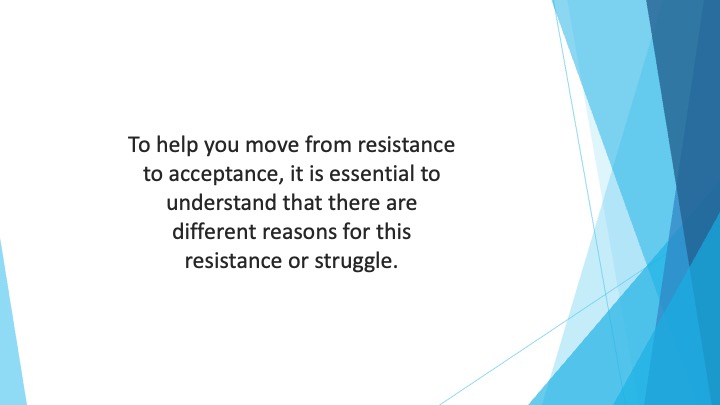


**S9 :** However, when it is imposed, one might begin to feel threatened and afraid because of the overwhelming feeling that accompanies it. In this case, one focuses on the threatening and fearful feeling as well as the negative outcomes rather than all the good things that might erupt from it.

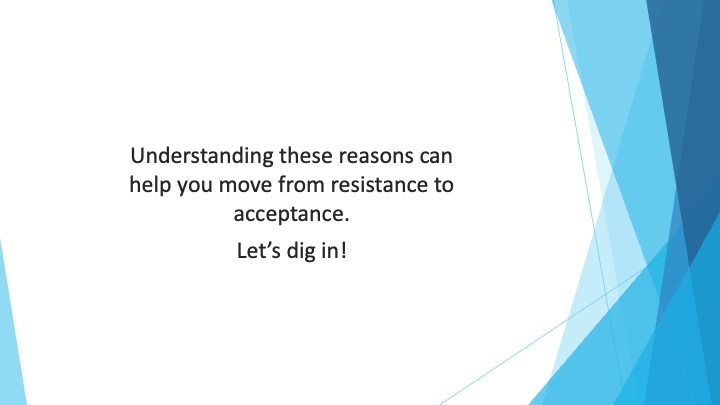


**S10 :** Ways to Move from Denial to Acceptance

By resisting change, you consciously or unconsciously pass a message that you intend to keep things the way they have always been. Your actions and attitude are not in alignment with the new directions which leads to tension and discomfort.

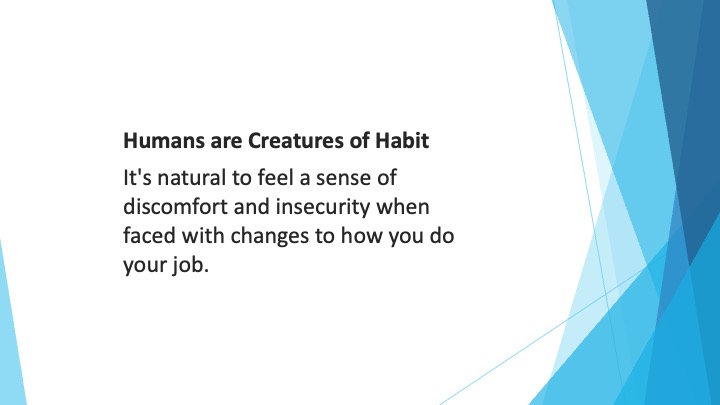
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**S11 :** To help you move from resistance to acceptance, it is essential to understand that there are different reasons for this resistance or struggle.



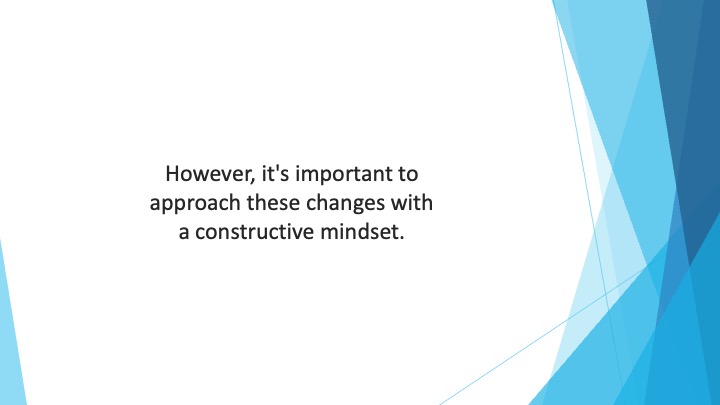
**S12 :** Understanding these reasons can help you move from resistance to acceptance.

Let’s dig in!

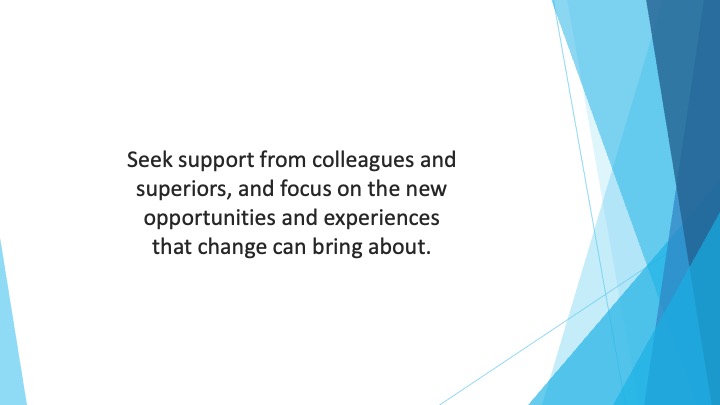


**S13 :** Humans are Creatures of Habit

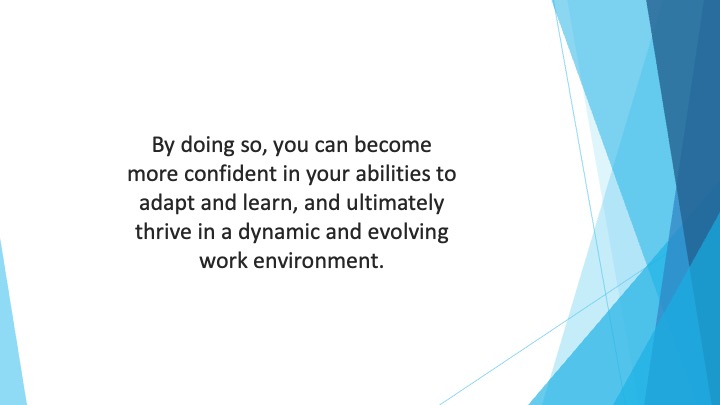
It's natural to feel a sense of discomfort and insecurity when faced with changes to how you do your job.



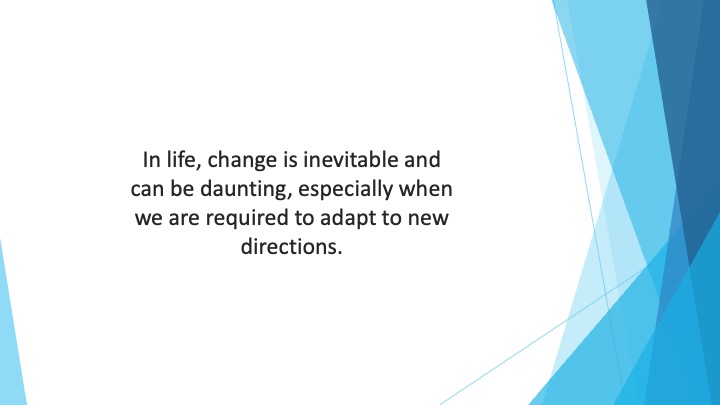
**S14 :** However, it's important to approach these changes with a constructive mindset. Acknowledge your feelings and use them as an opportunity for personal growth and development.



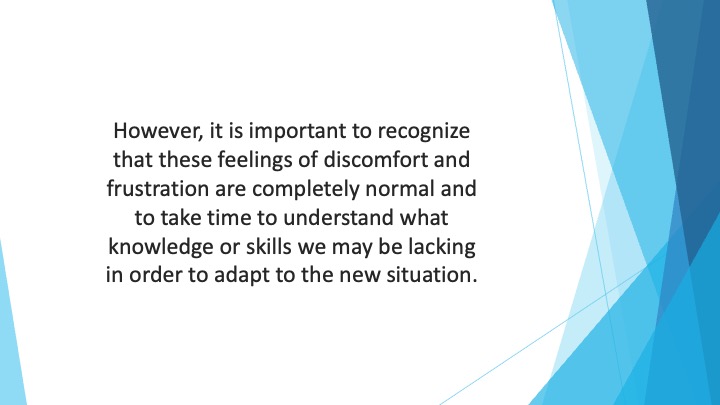
**S15 :** Seek support from colleagues and superiors, and focus on the new opportunities and experiences that change can bring about.



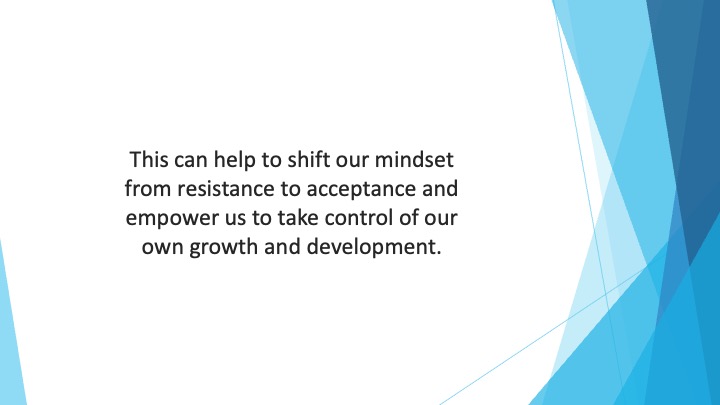
**S16 :** By doing so, you can become more confident in your abilities to adapt and learn, and ultimately thrive in a dynamic and evolving work environment. Remember, change is an inevitable part of life, and by embracing it, you can open yourself up to new and exciting possibilities.



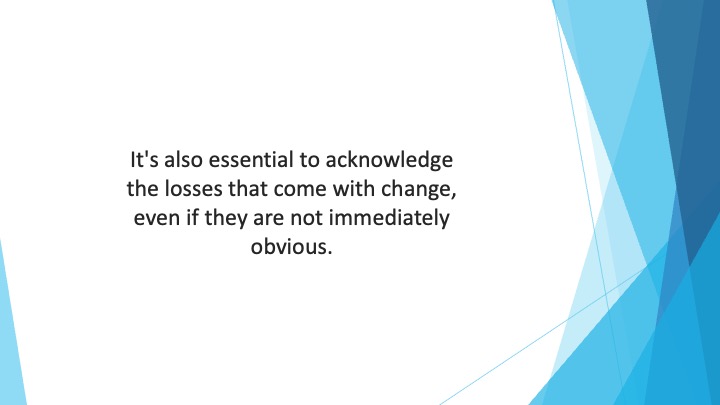
**S17 :** In life, change is inevitable and can be daunting, especially when we are required to adapt to new directions.



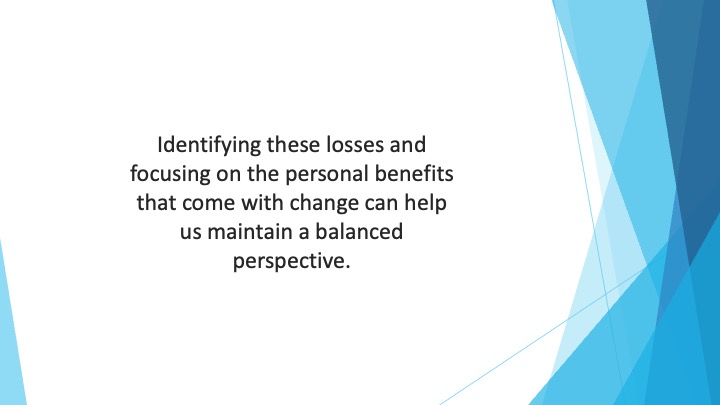
**S18 :** However, it is important to recognize that these feelings of discomfort and frustration are completely normal and to take time to understand what knowledge or skills we may be lacking in order to adapt to the new situation. One helpful strategy is to set a goal that focuses on doing our personal best within a changing environment.



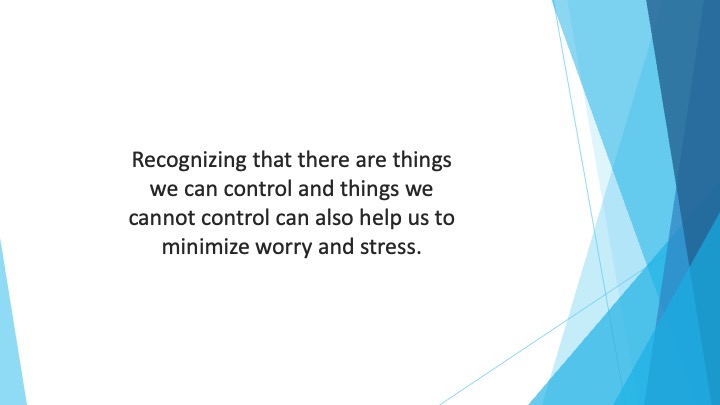
**S19 :** This can help to shift our mindset from resistance to acceptance and empower us to take control of our own growth and development.



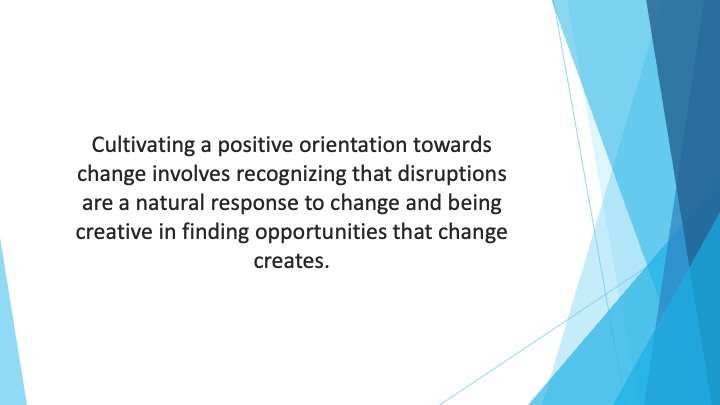
**S20 :** It's also essential to acknowledge the losses that come with change, even if they are not immediately obvious. For instance, workplace changes may mean losing the opportunity to connect with certain people or activities that we once enjoyed.

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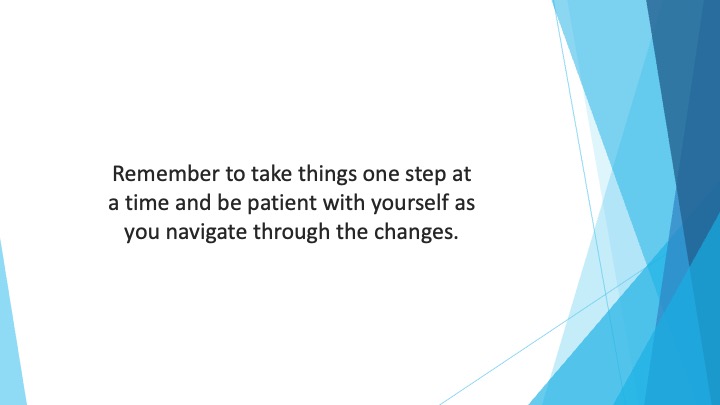
**S21 :** Identifying these losses and focusing on the personal benefits that come with change can help us maintain a balanced perspective. One helpful strategy is to clarify any issues that seem unclear by asking questions and staying focused on the task at hand.



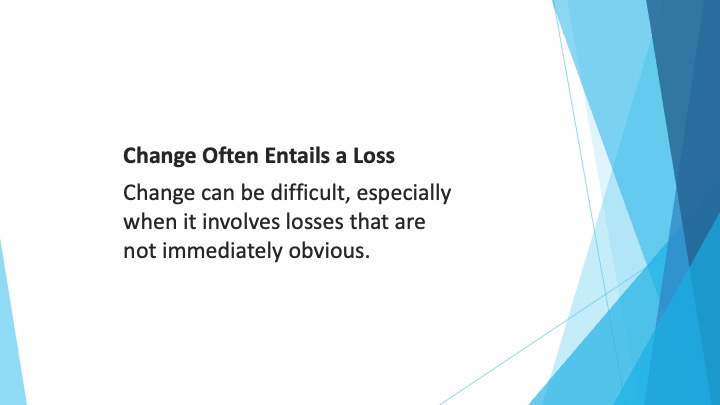
**S22 :** Recognizing that there are things we can control and things we cannot control can also help us to minimize worry and stress.



**S23 :** Cultivating a positive orientation towards change involves recognizing that disruptions are a natural response to change and being creative in finding opportunities that change creates. It also involves utilizing our personal resources and strengths to do the best we can and taking care of ourselves along the way.

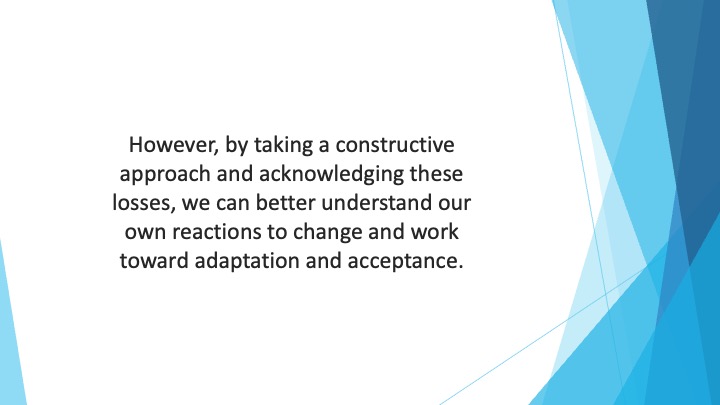
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**S24 :** Remember to take things one step at a time and be patient with yourself as you navigate through the changes.

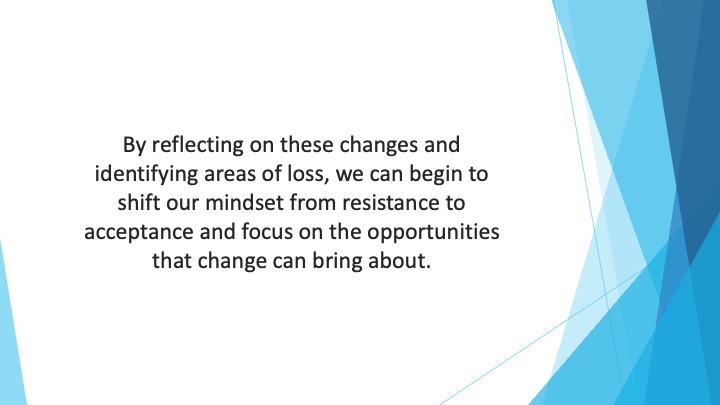
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**S25 :** Change Often Entails a Loss

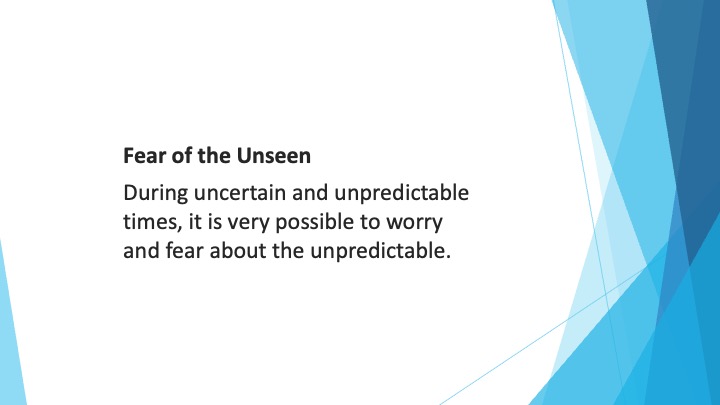
Change can be difficult, especially when it involves losses that are not immediately obvious.

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**S26 :** However, by taking a constructive approach and acknowledging these losses, we can better understand our own reactions to change and work toward adaptation and acceptance. For instance, in the workplace, changes to job responsibilities or team dynamics can result in losses of skills, experiences, or relationships that we once valued.

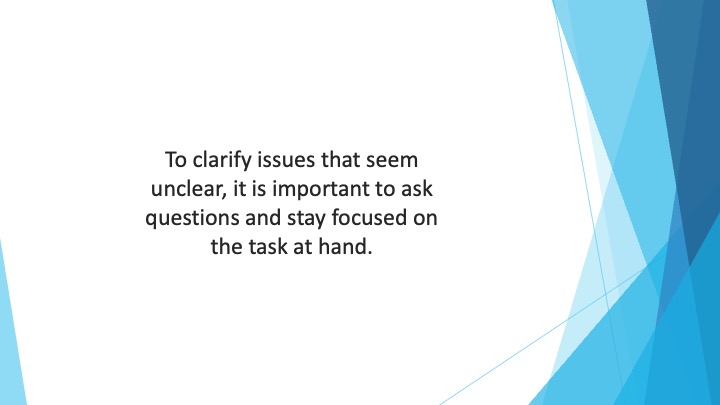
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**S27 :** By reflecting on these changes and identifying areas of loss, we can begin to shift our mindset from resistance to acceptance and focus on the opportunities that change can bring about. By embracing change and approaching it with a constructive mindset, we can open ourselves up to personal growth and development and thrive in a dynamic and evolving work environment.

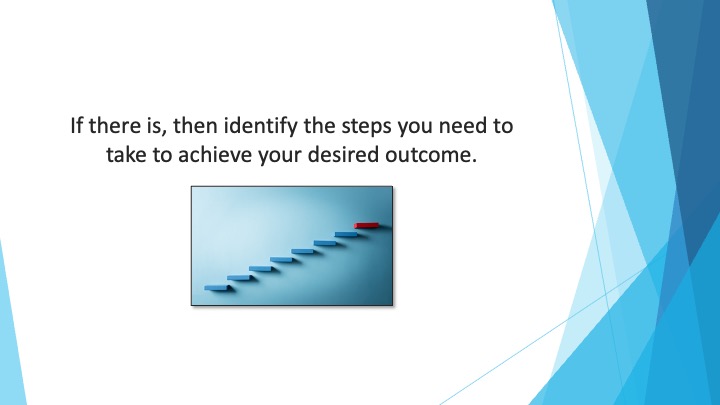
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**S28 :** Fear of the Unseen

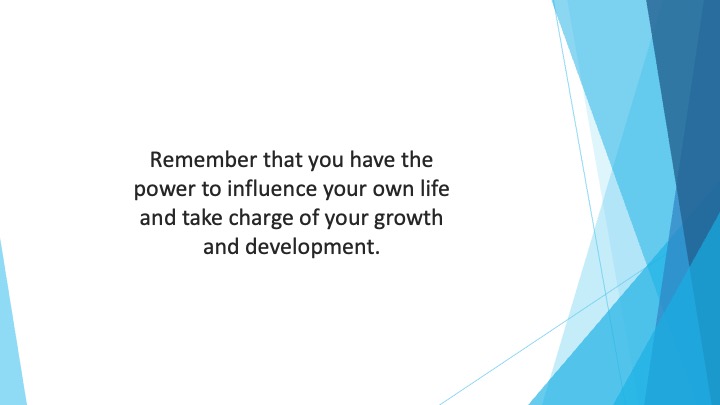
During uncertain and unpredictable times, it is very possible to worry and fear about the unpredictable. Being anxious about where you are headed in life, and what the future looks like can be quite exhausting and frightening.

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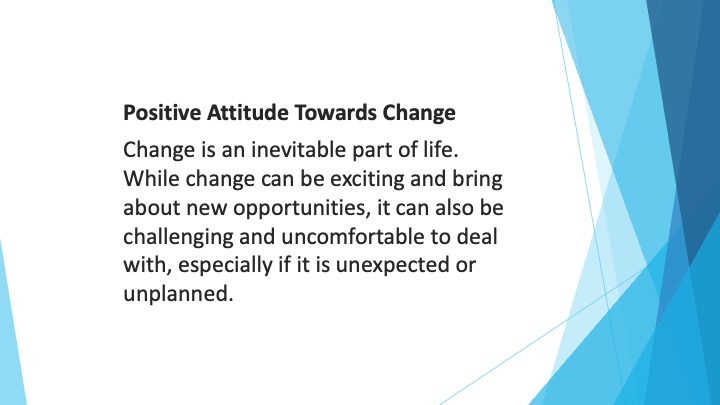
**S29 :** To clarify issues that seem unclear, it is important to ask questions and stay focused on the task at hand. When faced with uncertainty about the future, it is crucial to take action by asking yourself if there is anything you can do to change the situation.

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**S30 :** If there is, then identify the steps you need to take to achieve your desired outcome. If not, acknowledge that you have no control over the matter and shift your focus to things that are within your control.

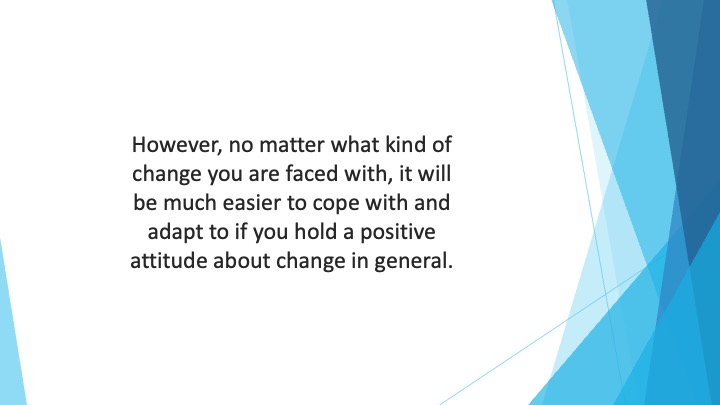
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**S31 :** Remember that you have the power to influence your own life and take charge of your growth and development.

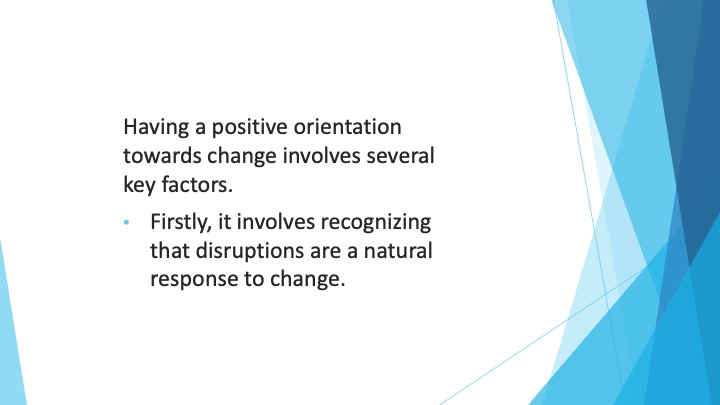
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**S32 :** Positive Attitude Towards Change

Change is an inevitable part of life. Whether it's a shift in a personal relationship, a new job opportunity, or a major life event, change is something that everyone experiences to varying degrees. While change can be exciting and bring about new opportunities, it can also be challenging and uncomfortable to deal with, especially if it is unexpected or unplanned.

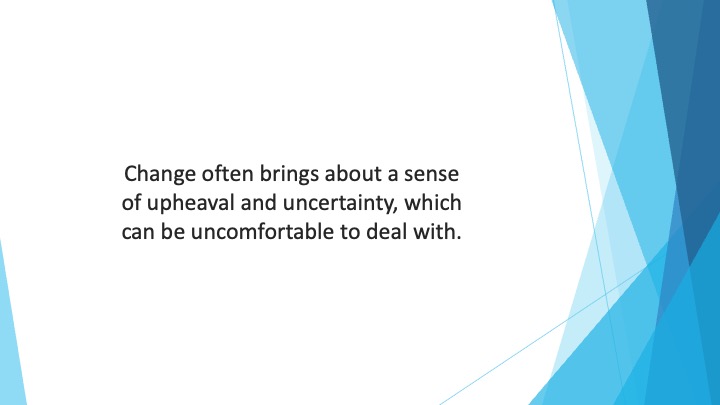
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**S33 :** However, no matter what kind of change you are faced with, it will be much easier to cope with and adapt to if you hold a positive attitude about change in general.

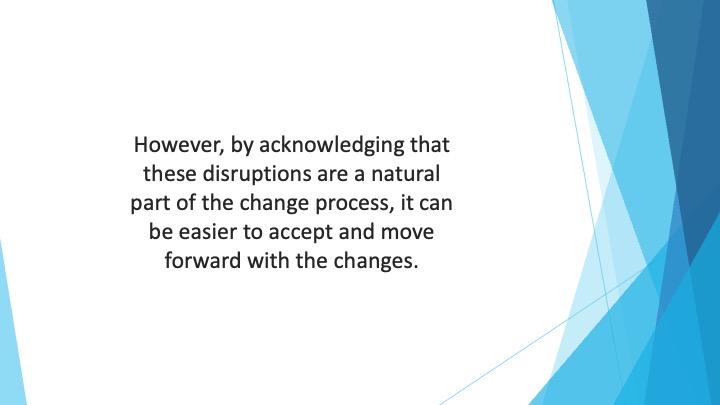
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**S34 :** Having a positive orientation towards change involves several key factors.

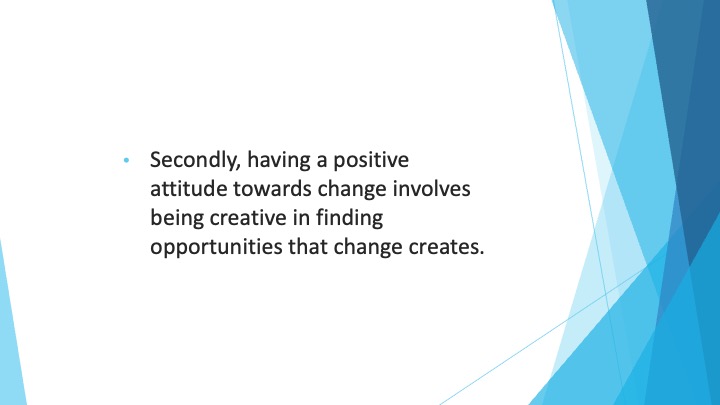
● Firstly, it involves recognizing that disruptions are a natural response to change.

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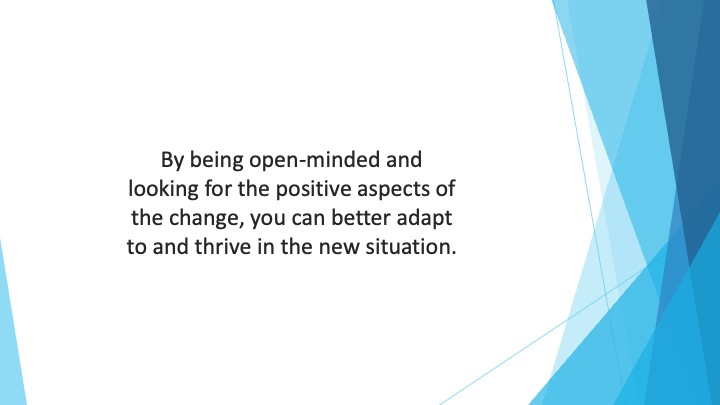
**S35 :** Change often brings about a sense of upheaval and uncertainty, which can be uncomfortable to deal with.

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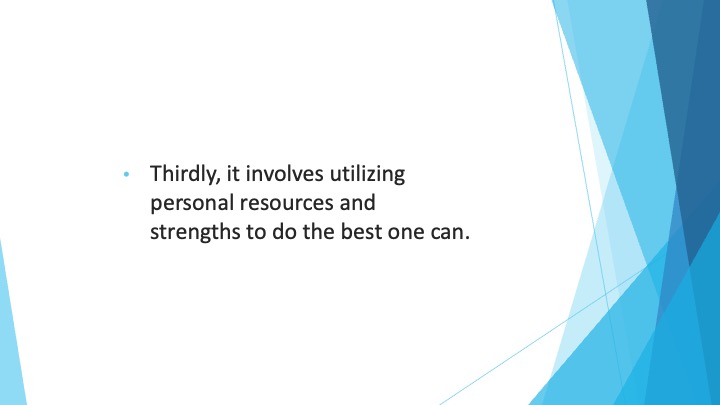
**S36 :** However, by acknowledging that these disruptions are a natural part of the change process, it can be easier to accept and move forward with the changes.

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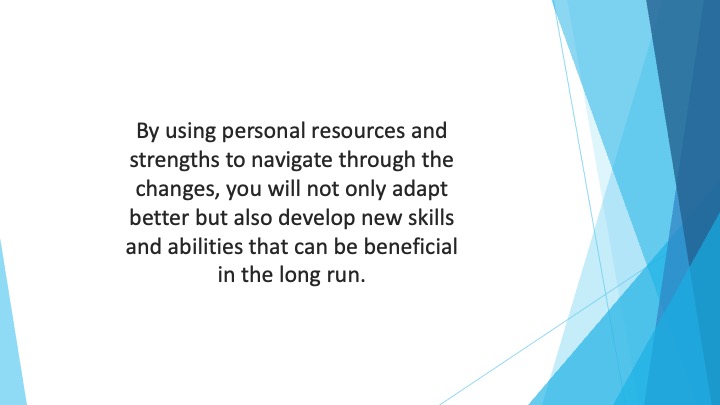
**S37 :** ● Secondly, having a positive attitude towards change involves being creative in finding opportunities that change creates. While change can be difficult, it can also bring about new and exciting opportunities that one may not have otherwise encountered.

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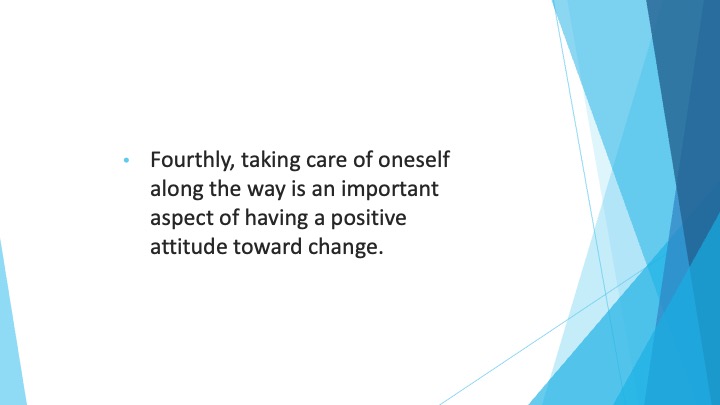
**S38 :** By being open-minded and looking for the positive aspects of the change, you can better adapt to and thrive in the new situation.

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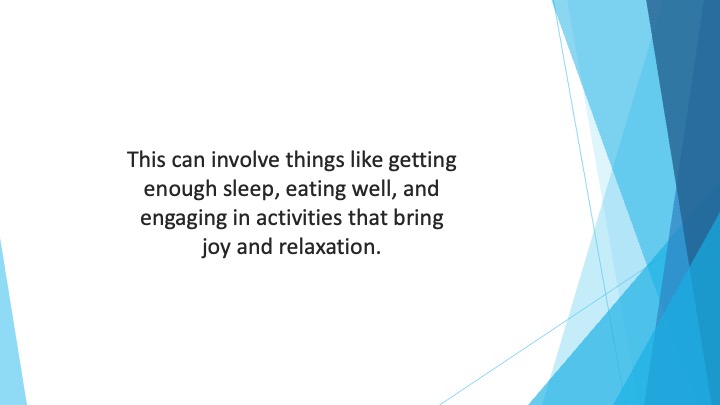
**S39 :** ● Thirdly, it involves utilizing personal resources and strengths to do the best one can. Change can be challenging, but it can also be an opportunity for growth and development.

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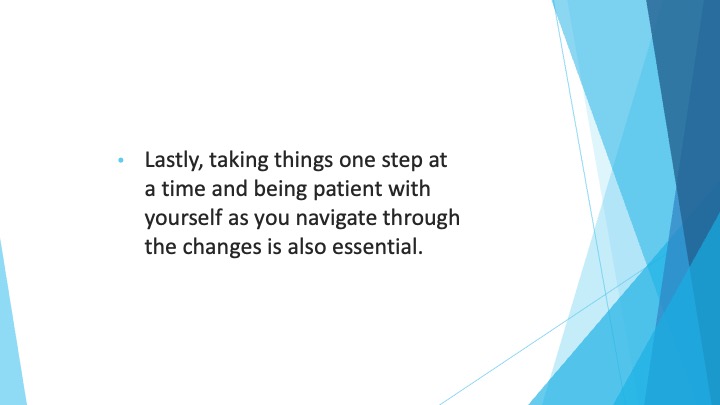
**S40 :** By using personal resources and strengths to navigate through the changes, you will not only adapt better but also develop new skills and abilities that can be beneficial in the long run.

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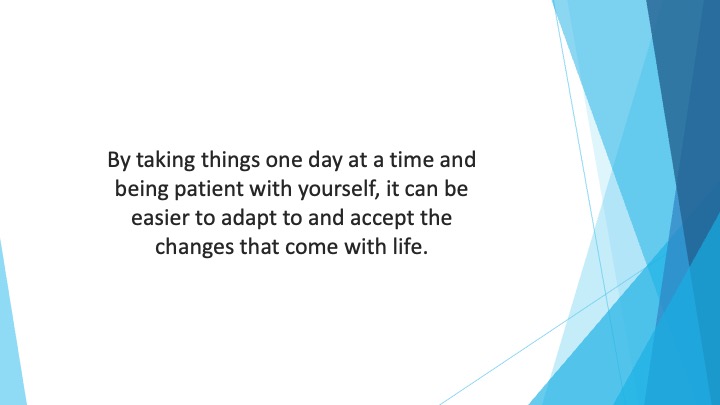
**S41 :** ● Fourthly, taking care of oneself along the way is an important aspect of having a positive attitude toward change. Change can be stressful, and it's important to prioritize self-care during this time.

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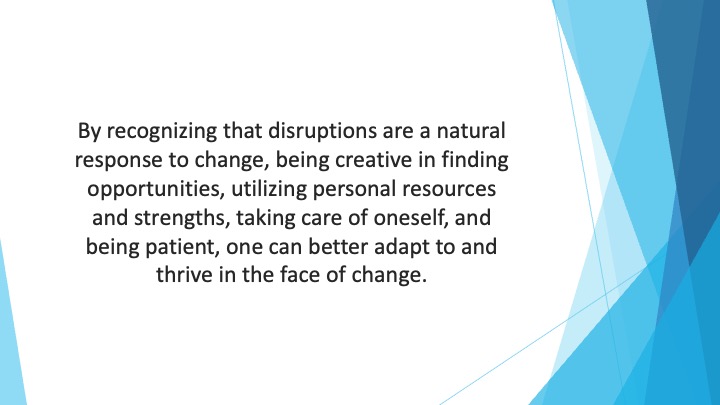
**S42 :** This can involve things like getting enough sleep, eating well, and engaging in activities that bring joy and relaxation.

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**S43 :** ● Lastly, taking things one step at a time and being patient with yourself as you navigate through the changes is also essential. Change can be overwhelming, and it's important to break it down into manageable steps.

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**S44 :** By taking things one day at a time and being patient with yourself, it can be easier to adapt to and accept the changes that come with life.

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**S45 :** Having a positive attitude towards change is essential to navigate through life's challenges. By recognizing that disruptions are a natural response to change, being creative in finding opportunities, utilizing personal resources and strengths, taking care of oneself, and being patient, one can better adapt to and thrive in the face of change.