

Embracing change



By Eve Menezes Cunningham



Do you and your nearest and dearest have similar attitudes towards change or is it a cause for conflict?

As *Rapport* changes back to a better than ever print format, why not ponder changes in your own life? Have you ever resisted change because it felt like a backwards step even though it would have propelled you further forward?

In an interview with Oprah, Billy Bob Thornton recounted his first attempt to make it big and things not working out in New York. He returned home and an ex said she thought he was leaving to make it big. He just said he was. But not yet.

It takes courage to be honest, using our sensory acuity and discerning the best thing to do at any given time, especially when it's a big dream and emotions may be running high.

When you think about changes you've made in your own life, do you have a tendency to resist change? Maybe you're so comfortable with change you overdo it.

And, of course, we might be change averse in some areas and not in others. For example, I moved nearly 6 years

ago and have no intention of moving again for the foreseeable future. Yet I've been doing a lot of work redesigning my website this week.

Having moved to a different hosting company and making big changes last year, a loved one accused me of 'just wanting the change'. But I had just learned a new tool which meant that it could make the whole site better and (I hope) more user-friendly *and* beautiful. Having made one tweak, the rest looked awful in comparison (like painting one wall in a house) so the whole site *had* to be redone.

Are there areas you change up too often? Would you prefer to actually stop (or at least pause) to gather a little moss every now and then? Do you and your nearest and dearest have similar attitudes towards change or is it sometimes a cause for conflict?

Notice your reactions as you ponder change in general. Does it feel good? Maybe it feels anxiety inducing? Exciting? Simply inevitable? What does the word

change make you think of? Which areas of your life spring to mind first? What do you notice in your body? Any tension? Nausea? Change in body temperature (getting cool or warmer)? Sweating or palpitating? Tingling?

What have been your happiest changes so far? How do you feel when you go back and relive them using all your senses? How did you feel about them at the time? Did you change your mind about any of these changes?

Do you have any changes coming up? What have you learned from past changes to implement for extra support now? If your attitude towards change is holding you back in any way, are you willing to change your mind about change?

Seasons change, governments change, everything changes (including you, no matter what Take That might have tried to resist). How can you take a more celebratory attitude towards this inevitable cycle? ●