

Dealing *with* Change

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Building 1, Level 5 (1.517) @Lobby C

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If change is the only thing that is constant in life, as the saying goes, why then do so many of us fear or shun it?

There is no easy answer, but a possibility is that as humans are said to be creatures of comfort, we tend to seek and thrive in tasks or environments that give us a better sense of control. Thus, facing or stepping into unfamiliar terrain or the unknown, whether it is a change of environment, relationship or phase in life, can be rather daunting.

More often than not, change requires adjustment to be made. We may find ourselves needing to evaluate and make a decision to adjust our point of view, expectation or even our lifestyle, with no guarantee that the change would lead to a better outcome. Consequently, this could explain why we face resistance when it comes to change, as discomfort and fear usually accompany it.

However, if we do not respond positively to change, we run the risk of losing the very thing that is known to take humanity to greater heights – making progress.

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We may not always be ready to welcome change with open arms, but we would be better off if we are prepared for it. As Sydney J. Harris puts it, our love-hate relationship with change could result in a dilemma where we want to stay the same but get better.

The pertinent question we need to ask is whether we would allow our fear of uncertainty deter us from undertaking the step towards change, if the change is for the better, even if we do not have the crystal ball to read the outcome.

It is likely that there will always be unknown variables in decision-making as we may not always have all the necessary information to make the decision with the best outcome. Though this may induce anxiety, but it also makes learning possible. Learning fuels our growth, if we handle it with the correct attitude.

Holocaust survivor, Viktor E. Frankl once said, “When we are no longer able to change a situation – we are challenged to change ourselves.”



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SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to speak to a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.