EMBRACING TRANSFORMATION

by:
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It is natural as a human being to fear change. Change is a disruption, a shift from what we know and love to something else. According to an article written by Jacob Olesen, this specific fear is named metathesiophobia, the word coming from the Greek words ‘meta’ meaning change and ‘phobos’ meaning fear. Furthermore, the article states that the fear of change is evolutionary, as man is a creature of habit and routine. Changes can be small steps, or a major leap, but our life is in a constant state of change. But change is not always a bad thing, and while it may be surprising, or otherwise unexpected, change provides a chance. A chance to make things better, to transform.

Now how is this important to us?

Let’s begin by taking in this knowledge on the level of the self. By being aware that we can transform ourselves, we can actively seek out ways to improve ourselves. All of us want to improve ourselves for the better, but we often refuse to change. We make excuses, and would do anything other than to face ourselves and force a change because we are scared, or too used to our own comfortable life. But by embracing change, we will be better armed to take the initiative and improve ourselves.
We begin with changing ourselves to be able to face the task of being ready to change as a community. Unity is only possible when we are content with ourselves and ready to be able to act as a collective group. And it is only as a unified group that we will be able to transform, to impose a change for the better by working towards a goal that we have agreed upon. Like the self, there are so many things we wish to change regarding our society. While talk of change is good, it is never enough – we much act, initiate progress, continue development, and ultimately transform our society.

Reference:
Olesen, Jacob (date N/A) Fear of Change Phobia – Metathesiophobia. FEAR OF.net. Retrieved from: http://www.fearof.net/fear-of-change-phobia-metathesiophobia/