

Job Seekers of Montclair

Coping With Change/ Dr . Mark G. Arnowitz, D.Mn.

Wednesday, October 9, 2024

Part One

The Greek Philosopher Heraclitus said, "All is flux." Change is endemic to the universe as we know it. But change is unsettling, as it disrupts our routines, and routines are both a friend and an enemy to human survival and accomplishment. Fear of change is the human condition, but nothing will ever happen without it. If change is resisted, then anxiety is bound to occur, as the only outcome to such resistance is cognitive dissonance. You are forcing the mind and body to go in two different directions at the same time. Therefore, change--that is, positive change, change for the better--should be welcomed. Negative change, if it is inevitable due to adverse circumstances or unfortunate coincidence, must be accepted and turned to one's advantage. Humans are capable of this, as they must be when change is the very nature of life itself. Change or die, as Charles Darwin so memorably said. The adaptation to change is unique to every individual and must be tailored to one's peculiar strengths and weaknesses--but it must be done. Only a fool acts in ways inimical to his self-interest.

Give examples of adaptation to change from your own experience or that of someone you know. For example, an unexpected breakup, the loss of a loved one, or a life plan suddenly goes awry.

Part Two

Coping mechanisms of the past

- A
- B
- C

Coping activities of the present

- A
- B
- C

Coping in a changing world: what we leave behind

- A
- B
- C