

# Embracing the frightening reality of change

By Marcus T. Blake

Change is like an ever-flowing river. It continuously flows. Nothing can stop it's current. We are pebbles gently floating through it's current.

Change can be scary. It's like the weather; unpredictable. Some thrive through it; some are paralysed by it. But time waits for no one. Change waits for no one; it will act on its own accord, leaving you to wither away with time.

This is the reality of change. You may feel hopeless, helplessly lost, trying to keep up with the cycle of change. But we have the power to deal with that. We may not have the power to control change, but we have the power to harness it, use it for our good!

**“Since we cannot change reality, let us change the eyes which see reality.” -Nikos Kazantzakis**

To embrace change first you must face your..

## *Fears*

Change is uncomfortable, it's okay if you're afraid of change. It's okay to fear the unknown. You may feel anxious about an upcoming change or perhaps a change that is happening right now. It's okay to feel anxious and frightened. Instead of trying to discard those feelings, accept them as part of the process of change. Writing down your fears or talking with someone you trust about them may help to unravel your fears and make you feel better.

If you're struggling from low self-esteem..

## **Create affirmations.**

Affirmations are a good way to combat negative thoughts. They don't have to long. Keep them positive and short. In order to battle negativity, sometimes you have to speak to it, countering it with positivity. "I am capable" "I am smart" "I am strong" These are just few phrases that may help you. It may be uncomfortable at first, but it will help build your confidence and evaporating those negative thoughts.

You may find keep a journal useful so you can record your experience transitioning through this change. You can look back on this experience in the future, reminding yourself of how far you've come and that you are capable.

## *Gather intel on your situation.*

Perhaps you might be moving into a new environment, starting something new or moving on from a difficult situation. A good parry to change is to find out as much as you can about your situation. This will give you a sense of control, helping you face change,

Remember that...

## *Time flows in one direction, change is often irreversible.*

You may be comparing the present to the past and wishing things could go back to the way they were. But time only flows forward, you can't go back to those times. Change is often irreversible; sometimes you can fix something, but it won't be the same as it was before. Things may not get easier, but you will get better. The future will bring great opportunities, new challenges to overcome and make you stronger. And you might make some great memories along the way.

Take your time and make...

## *Steady progress*

There may be times where you feel like you're going nowhere. You may doubt yourself that this is too much for you. **You can do this!** Take your time if you have to. Take small steps, focus on progress rather than the end goal far, far ahead. Focus on completing one task at a time throughout the day. Make a to-do list if that helps. Celebrate the small victories, take time reward yourself for your hard work. Don't beat yourself up if you mess up. Be kind to yourself, you're doing your best.

Journaling is good way to keep track of your progress and unload any thoughts and feelings that are bothering you.

It may help you when you...

## *Recover from Setbacks*

Unfortunately, you're bound to face setbacks and failures. You're going to make mistakes. You have to accept that and plan on how you can address these setbacks. Perhaps you didn't quite reach your target? Don't look at your setbacks as failures; look at them as a lesson you can learn from.

## *Shift your perspective on change.*

*"Since we cannot change reality, let us change the eyes which see reality." -Nikos Kazantzakis*

We look at change as a negative thing at times. Sometimes it may be a negative thing, but a positive thing can blossom from it. Look at change as a challenge, as the next step in the staircase. Look at change as an opportunity to grow, an adventure, to spread your wings. Look at change as a character arc, to build you as a person and a new chapter of your story. Whatever comes your way, keep striving. It's okay to get upset, it's okay to get frustrated with things but don't dwell on it. Get back up and keep going; it will all be worth it someday.