

CHAPTER 1

THE REALITY OF CHANGE

WE LIVE IN A difficult and demanding world, because everything about us is constantly changing. We have to know how to adapt to change, or we will always be confronted by issues and conditions that will disrupt our comfort zones and even threaten our very survival. Many people do not always recognize this constant movement until one of these events occurs and they have a huge and perhaps insurmountable problem to tackle.

When we say that we have to face change, however, it sometimes seems like an academic challenge. We feel that it might read more like, "Theory and Analysis of Transformation," or something academically highbrow. But really, when we speak of change here, we refer to everyday situations. Change is as much the spoiling of food by bacteria as it is the experience of a divorce. Do you know that statistically, many people stay married but not always because of love or companionship? They stay because they are afraid of change. They are afraid to be alone, to lose familiar touchstones. They stay because they cannot face the unknown. The devil you know is often less scary than the devil you do not know.

But change is also the new job, the promotion or the new client. Anything that is different is change. A spouse changes his or her feelings and either expresses them or hides them, often not too cleverly. It is change when the feelings are expressed, but it is also change when, unexpressed, those different feelings evoke behaviours or responses that are not familiar or comfortable.

Sometimes we are not aware that we are running from change or