

“CHANGE” FOR THE “BETTER”

Dr. Ron Rubenzer

July 20, 2016

The Only One who really likes change is a wet baby

The Nature of Change

Nature measures time by change. *Turning over a new leaf* is Mother Nature's way of saying growth demands change.

You are Changing this very second

You changed from a single-cell being to a TRILLION-cell human being in just nine months. The very food you eat must change to fuel your body and mind. Your physical brain is changing because you are reading this.

Resistance to Change

"The children love luxury; they have bad manners, contempt for authority; they allow disrespect for elders and love chatter in place of exercise. Children now are tyrants, not the servants of their households. They no longer rise when elders enter the room. They contradict their parents, chatter before company, cross their legs, and tyrannize their teachers." (Over 2,000 years ago Socrates was clearly voicing his "resistance to change" toward the new generation.)

The "Grass is Always Greener"-- Our Inborn Need for Change

The *Grass is always greener* mindset provides proof positive that your brain tirelessly seeks change. Indeed, Tahitians dream of Disney World; Space station astronauts dream of beaches.

*Optimism bias--Change for the better--*We are hardwired to believe tomorrow will be better than today according to Weinstein, 1980. Optimism bias enticed our ancestors to leave the comforts of their caves, believing that something better was

“out there” (the grass outside the cave HAD to be greener). Columbia University leadership experts suggest to take on a challenge, even if it only has a forty percent chance of success. Their proven leadership motto is [Some]“Change is good.”

Nobel Prize winner, George Bernard Shaw, warned:

“Those who cannot change their minds cannot change anything.”

In case of a true Emergency-- Summon your resiliency

In the 1490’s, Sir Andrew Barton, a high admiral of Scotland, famously said after a battle, *“I am hurt, but I am not slain; I’ll lay me down...And then I’ll rise and fight again.”* Likewise, you can summon your resiliency reserves to endure and recover from challenges/losses. More succinctly it has been said, “Don’t bleed before you are cut.” Conversely, remember nature only moves forward; so getting stuck in the past is like driving on the interstate using only your rear view mirror.

Managing Change – Choose to Set or Stow your “sail.” You are the most powerful Change-agent there is! You are the captain of your soul.

Set your sail--You can always exert some control over the outcome of the winds of change.

One ship drives east and another drives west

With the self-same winds that blow

‘Tis the set of the sails

And not the gales

Which tells us the way to go

(Ella Wheeler Wilcox, 1916)

Stow your sail--Best-selling author, Joel Osteen, advises that during periods of great storm and stress, that we stow our sails, and slowly drift to a safe harbor. Trust that--when you go with the flow--you will eventually find a “safe haven” in still waters.

Your “Will to Change” can be strengthened by adopting a mindset that includes:

1) Faith in one’s ability to choose one’s attitude (versus *Hardening of your Attitudes*)

2) Acceptance that life is not always fair

3) Dealing with the truth in any situation

4) Uni-tasking (focus on doing a single thing at a time.) *This one thing I do* is the mantra for individuals who do things requiring undivided attention (for example, your airline pilot, surgeon, accountant, etc.)

In summary, Nature's seasons change--and so can you. Be patient. It may take weeks to "accept change" thrust your way. There is always the promise of hope for the future. If need be, change your position. Benjamin Franklin advised, "Face the sun."

For references email: drronrub@aol.com
