

## Lesson 106: Why Accepting & Adapting to Change Can Be So Difficult

External conditions arise during the course of life that often require accepting and adapting to a change of some kind, whether desired or undesired. Although desirable changes certainly bring about their own challenges, they are more easily accepted and adapted too when they are driven by a level of energy that is conducive to the anticipated outcome, which of course, is desirable. However, undesirable changes in life are more difficult to accept, much less to adapt too because these changes require a level of energy not easily summoned. In fact, the level of energy needed to accept and adapt to change is often draining as compared to the level of increased energy that occurs automatically under favorable conditions. Although energy is an important contributing factor, there can be many other contributing factors beneath the surface that tend to remain undetected until there is good cause for them to be revealed. In the meantime, it is not easy to accept and adapt to undesirable changes, especially when change is an abrupt shift in reality, which can take its mental and emotional toll just as abruptly. As feeling uprooted in any manner of speaking is not a very welcoming experience, neither is examining unseen contributing factors. The purpose of this lesson is, of course, to discuss why accepting and adapting to change can be so difficult.

Not only are there unexpected challenges in response to external changes when they occur in life, the state of your internal condition greatly affects your ability to accept change, which in turn affects how well you can adapt to such change. Unfortunately, most people are not aware of how unfit they really are, on a mental and emotional level, to accept and adapt to change, especially when a change is undesirable and is unexpected. Thus, identifying contributing factors that are unseen and, therefore, are undetected because they are internal can be a monumental task. Because self-examination is not a readily embraced activity, there is a tendency to avoid it at all costs, at least until a situation occurs sufficient to scrape the surface of personal reality. For some people just scraping the surface of their reality is difficult enough, thus people are inclined to ignore the call to internal introspection. This avoidant state of mind is fine just as long as a person does not mind bouncing from one undesirable condition to another and holds no one person, place or thing responsible or accountable for any misfortunes experienced along the way, including blaming oneself. However, this state of mind is not an ordinary experience for most people. By the very nature of being human, there is a need to blame someone, something or some place for the misfortunes that occur along the path of life. Blaming most always proves to be much easier than it is to take responsibility for how one reacts and responds to undesirable changes. Even self-blame, while it may appear to be justifiable is deceptive because it serves no valid purpose, as nothing is really accomplished. There is no point in holding yourself responsible or accountable for reacting and responding to undesirable changes by way of self-imposed guilt.

You will not react and respond to change any differently than you are accustomed to doing until you know that there are better ways to approach undesirable changes that will not add to, or for that matter, create adverse affects in your reality where none needs to exist. People tend to draw unnecessary adversities into their personal reality where none would have occurred in spite of an undesirable change because of how they react and respond in the face of change, whether in their thinking and/or because of their inability to control their strong emotions. Unfortunately, their own internal condition is the last place they think to look as the source for the reasons why it is so difficult for them to accept and adapt to undesirable changes in their reality. They are inclined to think that the misfortunes they experience must be the fault of someone else and then they react with intense emotion, which only compounds the problem.

The path to understanding why accepting and adapting to change can be so difficult begins with an examination of your own internal condition. The difference between your internal condition and a state of mind that is conducive to see you through an undesirable change without wreaking undo havoc in your reality is problematic when there is a wide gap between the two. Thus, the first order of business is to close the gap. However, closing the gap is a cognitive task that is easier said than done if you cannot adequately identify your true state of mind, which is not the same as how you might perceive your state of mind and that difference can be miles apart. In most cases, people tend to perceive their state of mind as justifiable when in fact it may be nothing more than a perceived and most unnecessary defense mechanism, which is not only non-conducive to accepting and adapting to change, but is actually more damaging than it is capable of producing desirable results.

Closing the gap, especially when the gap is extremely wide, not only requires introspection, as well as the utmost honesty, it also requires information, but not just any information. Closing the gap requires access to the right information that you might not know exists even though the effect of internally housed and therefore, invisible information is wreaking havoc in your life, which contributes to your state of mind. Gaining access to this information is a challenging task; it is like taking a shot in the dark because everything about your reality is subject to your own interpretations, which of course, are subjective to begin with given that interpersonal experiences are a subjective experience just by the nature of being human. Thus, the sure means of accurately identifying your state of mind is to examine your personal reality objectively. But here too is the problem of discerning real objectiveness, as opposed to perceived objectiveness, which will produce an entirely different experience that will not serve you well. Perceived objectiveness, though it may appear to stack up neatly is still a subjective interpretation simply because things are seldom what they appear to be on the surface. Thus, the best way to avoid these cognitive pitfalls that occur from discerning surface appearances as factual information is to start peeling back the layers of your reality, which may or may not require outside assistance to objectively sort

through the information contained within each layer. As these inquiries are typically an ongoing process, it is likely that it may take some time and effort to close the gap.

It is important to note that a state of mind is not a constant factor, therefore, it is not a static mental condition, but is dynamic because it is relative to the changes that occur in your personal reality, which too is not static. Consequently, your state of mind shifts from one state to another over the course of time and as it shifts your attitude reflects your state of mind at any given time, which too affects how you react and respond to unfavorable/undesirable conditions. Mental shifts are easy to observe when you compare your state of mind during the times that the conditions of your reality appear to be stable, but notice how quickly your state of mind shifts, and sometimes rather dramatically when the conditions of your reality change and are unstable. As you are reflecting on these apparent variances, take notice of how your attitude shifts as the conditions of your reality change. Sometimes these shifts are subtle and sometimes they are blatant, either way they always correspond to how well you accept and adapt to changes in your reality. It is easy to think you are in good shape just as long as things are going well, but watch what happens when your proverbial boat is rocked, especially if it is rocked unexpectedly and you are mentally and emotionally unfit to accept and adapt to the change.

It is very easy to spiral into a pit of disparity when you are mentally and emotionally unequipped to accept and adapt to changes when they occur. Although change is inevitable and its occurrences at various times in your life to some extent are unavoidable, it is how you react and respond to the winds of change that determines the outcome more so than the actual event. In as much as these undesirable outcomes can be avoided by the choices you make, you cannot make better choices without knowing something about the choices you are already accustomed to making. It is one thing to say that you should make good choices, but it is another thing to know how to make them, as well as to know why you are making choices that are not producing desirable results. Undesirable results do not happen by chance, they are predetermined because they are relative to your state of mind, as well as your dominant attitude. Thus, learning how to make better choices starts by recognizing that the choices you have been making, perhaps for a very long time are not really serving you well and is so because your scope of knowledge is prohibiting you from making better choices. This is why access to the right information is essential, not just for the sake of making better choices, but as a means of accepting and adapting to change without the adverse affect of internal impulses that are working against you rather than for you.

As your current state of mind is a built-in predictor, it determines how you will continue to react and respond to changes in your reality. Thus, it is worth investigating the condition of your state of mind; otherwise, this internal destructive pattern will continue to develop and will contribute to even more difficulties in the future, which can create a

false sense of victimization. You are not a victim, you are empowered to alter potential adverse effects in your reality by the way you react and respond to changes that occur along the path of your life. To stop this inevitable avalanche of undesirable future outcomes in the face of change is to allow the underlying reasons to surface, as they are the undetected causes that program you to react and respond to change in ways that are often more destructive than the actual events. Your reactions and responses can be more menacing than the events that give rise to undesirable changes in your reality, which can be more difficult to overcome than the event itself.

The way you react and respond to unwelcomed changes in your reality is a mental and emotional process engrained in your brain over the years, attributed to memories of events sometimes not easily recalled, even in therapy. This is because they were forgotten or were overridden by necessary adaptation to the environment at the time. Because everyone reacts and responds differently to early childhood experiences, the perception of certain experiences are often taken out of context, even as an adult because they were and are still misunderstood, were just too painful to cope with and/or were adapted too out of necessity. The point is that the memory of a childhood experience and the unconscious reaction to it may very well be the origin that inhibits the ability to accept and adapt to change, which is why it is so important to allow this information to surface. Thus, exploring the layers of childhood experiences is a beneficial endeavor, whether in psychotherapy or in other similar therapeutic environments, as a means of pinpointing the origins of these self-defeating internal impulses, as well as eliminating any mental and emotional blockages carried over from childhood.

As simple as uncovering these mental and emotional blockages may appear to be, it is often a complex endeavor due to the effects of time. The greater the lapse of time between the initial events, the more the reactions and responses to change are engrained internally to the point of becoming habituated reactions and responses that form without notice. These reactions and responses are not just stored in the long-term memory bank of your mind; they are also stored in neural profiles in the brain, especially those memories that are associated with strong emotions. These same reactions and responses are also stored in every cell in the body, which sends and receives signals to each other, thus the cells plays a very important role in how reactions and responses become habituated behavior patterns. As these are all internal processes acting out in response to external conditions, the only place to remedy the resistance to change is internally. The removal of these internal blockages comes by way of identification, which closes the gap between your current state of mind and a more conducive state of mind that enables you to accept and adapt to changes in your reality. Given the fact that looks can be quite deceiving, you will find this principle to be self-evident as you examine the information revealed to you layer upon interwoven layer.

Access to the right information not only sets you free from any internal blockages, regardless of when they occurred in your life, it provides you with the energy you need to see a change through and to do so in such a way that you actually benefit from the change in some manner of speaking. Undesirable or unexpected changes can be the source of a very rewarding experience, but only if you are willing to keep an open mind and earnestly try to embrace the change, as opposed to resisting the change, which consumes a great deal of expended energy not put to good use. Not only is this wasted energy, the change itself may be unavoidable as others act on their own will in the myriad ways that they do. Thus, burning up energy in an effort to block or alter a change you really cannot avoid drains the energy level you need to see the change through and to do so without it undermining your well-being in the process. There will always be external influences that will threaten your reality, just as these influences will threaten your well-being. But if you are willing to invest the time and effort needed to expose your own truths, you will have clarity of thought, as well as balanced emotions sufficient to see you safely through any current or future changes. In fact, you may even get to a point where you will actually embrace change, rather than resist change because you will know that you know there is nothing to fear, but fear itself. Thus, the absence of fear as a contributing factor all by itself alleviates a great deal of unnecessary mental and emotional stress and anxiety, which your psyche will be most grateful for and will greatly reward you for your effort.

The feeling of being uprooted goes hand in hand in the face of change and is a valid feeling. However, it is only a feeling that on its own accord cannot cause damage to you or others unless you allow it to take control of your ability to think clearly, which in turn destabilizes your emotional balance. Some changes in life are definitely uprooting and some are only perceived that way, thus it is up to you to learn how to discern the difference. However, you cannot accomplish such discernment if you do not know what to look for, which is why it is essential to examine the nature of your reality from the ground up. Your personal reality does not weave its way down in a descending fashion, which would imply a separation of events, stacked up as if they were separate building blocks held in mid air. Your reality begins at the bottom and weaves its way up in an ascending fashion with each block supporting the one above it, as well as the one below it. Thus, every stage of your life acts as the foundation that supports the level above the one you are currently in, just as each stage of life interacts with the levels above and below the one you are currently in. Because there is no separation of events, as one always affects the outcome of the other, is all the more reason to have access to the right information, after all, it is the means to build strong foundations that will support your mental and emotional well-being whenever the winds of change blow through your reality.

Many of the adversities experienced in the course of your life should not be chalked up to the whims of chance anymore than they were ever your cross to bear because neither

is true of reality. Not only is this an old fashion and dogmatic state of mind that is outdated, it is deceiving as well as limiting because interpersonal experiences do not happen by chance, they happen by intent, whether yours or others, as there is always a cause that creates an effect, desirable or undesirable. Not every adversity you experience in your life is the result of external influences brought to bear in your reality, but is more often than not the result of internal impulses, incorrectly perceived or completely missed as the result of not knowing the right information. There are internal impulses that drive very specific reactions and responses to external influences, as was described all through this discussion, which is the real cause that affects your ability to accept and adapt to changes in your reality. Thus, it is not always the external influence that adversely affects your reality, but rather it is how you react and respond to the external influence that adversely affects your reality and sometimes even more so.

Choosing how to react and respond to any external influence, is not always as much of a choice as you think, given that certain reactions and responses are predetermined by engrained patterns of repetitive behavior stored as neural profiles in your brain, as well as in the cells all throughout your body, which is all the more reason to be aware of your internal impulses. Without such insight, you are indeed left to the whims of your internal methods of operation – your internal modus operandi, which can make accepting and adapting to changes in your reality very difficult. In fact being unaware of your MO will make coping with most things in life very difficult. But there is no reason to be subjected to the adverse affects of predetermined patterns of behavior when these patterns can be overwritten, altered or eliminated as you become more familiar with your own internal method of operation and the source of them. And even if peeling back many layers of exposed information does not reveal the origin of the problem, which sometimes occurs for reasons unknown at the time, it is likely that enough information will have surfaced sufficient to piece your reality together, which should have a positive impact on how you react and respond to current or future changes in your reality. The original cause may still reveal itself over the course of time, but in the meantime old patterns of accepting and adapting to change dissipate and new patterns that are conducive to accepting and adapting to changes in your reality begin to emerge.

Maintaining a flexible state of mind will allow change to occur easier and in a non-threatening way, as opposed to maintaining a rigid state of mind, which resists change and blocks potential experiences that might turn out to be far more rewarding. After all, it is the fear of loss, not the fear of change that causes so much resistance, not because the outcome may be more pleasant, but because of the uncertainty of the outcome, as pleasant as that might be, which is where the resistance takes hold of your mental capacity to accept and adapt to changes in your reality. But make no mistake in thinking that you can develop this state of mind overnight, because it takes time. Although it may take less time for some, it may take much more time for others, depending on the extent of the contributing factors, which are often unique to each person's reality. It

also takes effort, sometimes lots of effort and a willingness to push through until acceptance and adaption to change becomes less threatening and more comfortable. Pushing through sometimes mean being pushed well beyond your mental and emotional limits, even right to the edge of insanity. Acceptance and adaption to change is a state of mind that takes time to develop, but the rewards will be well worth the investment of time, effort, diligence and patience, as the fruit of your mental labor will manifest pleasantly in your reality.

In closing, we hope that we have made it possible for you to accept and adapt to the changes in your reality by bringing certain principles to your awareness that will help you identify any mental or emotional blockages that may have crept into your reality somewhere along the path of your life. These unseen and undetected obstacles do not have to dominate the course of your life as they might have been doing all along. As always, please feel free to share your thoughts, comments or personal experiences.

Many Blessings,

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