

## **A Change Reaction**

*(Choices Additional Materials Section 3)*

Any change can be threatening to particular personality types. Many of us do not thrive on change we hate it!

It means that we have to step out of their comfort zone and do something different. Take a risk! Things may never be the same again. This can be very threatening depending on the size of the change and the background and personality of the person. Any change involves a personal loss.

This can be seen in all sorts of ways in our society. People just love routines and rituals! They always sit in the same place in a room on a course. Watch the same TV programmes. They eat the same food, so when they travel they seek the same food. Routines are disrupted by change.

I love the old joke: 'How many people does it take to change a light bulb?' Answer; 'Four one to change it and three to reminisce about how good the old light bulb was.'

Psychologists have spent years studying reactions to change and the following are most common:

### **Avoid the issue**

Many people will avoid changing things at all cost and when they are forced change they will avoid thinking through things. This can be based on a real fear of the unknown and patterns of behaviour established over years. They will block change to their way of life at all costs.

Some children when moving school will therefore shy away from talking about the change. They may internalise their fears and become withdrawn and upset.

### **Fight the issue**

When change happens some people are the opposite they become very aggressive and upset. People can respond in this way to differences with people who are different from themselves or threaten them.

In the last year of primary school your child may become more aggressive and react against authority more and this can be common.

### **Distraction from the Issue**

Some people do not appear to react to the immediate change or loss but they may display behaviour which is out of character in another area of life. They may become obsessed with another situation or even blame others.

Your child may not appear to react to the change of school but things may happen like they fall out with their old friends or they may over react to a situation and when you talk to them you may realise that this is just a symptom of the real issue in their lives.