

## Change: good or bad?

### Exercise 1: Ranking/Prioritizing Exercise

Below are a few scenarios involving changes. Read each scenario carefully and rank them in order of their potential impact from 1 (most impact) to 5 (least impact). Consider how each change may affect the people involved based on the given context.

- \_\_\_ You find out your job position is about to be replaced by an automated system.
- \_\_\_ The earnings of your family have significantly increased due to a new business.
- \_\_\_ Your friend has informed you that they are moving to a new city permanently.
- \_\_\_ Due to a crisis, you've had to take up extra duties at work and you're exhausted.
- \_\_\_ A curious new neighbour has moved into your apartment building.

Explain your number 1 ranking: \_\_\_\_\_  
\_\_\_\_\_

### Exercise 2: Opinion Statement Agree/Disagree Exercise

Read the following statements. Do you agree or disagree with each one? Write a sentence or two explaining your position.

1. When faced with a struggle, it's fulfilling to find a solution firsthand.

\_\_\_\_\_

2. Change often relieves us from situations where we suffer.

\_\_\_\_\_

3. The ability to handle change is a crucial skill for everyone.

\_\_\_\_\_

4. Steady and unchanging routines are usually more comfortable than facing continuous change.

\_\_\_\_\_

5. We should be curious about change instead of fearing it.

\_\_\_\_\_

### Exercise 3: Sentence Starter Complete the Sentence with Your Own Ideas Exercise

Complete the following sentences with your own ideas about change.

1. If my earnings were to increase significantly, I would ...

2. I believe that a crisis can be a catalyst for change because ...

3. When I'm exhausted, the changes I usually make to relieve my fatigue are ...

4. I handled a major change in my life firsthand when ...

5. If I could replace one habit in my daily routine, it would be ...

6. Being informed about changes in our environment can help us ...

7. In my opinion, the struggle associated with change is ...

8. If someone close to me decided to make a permanent change in their life, I would ...

## Answers.

### **\*\*Exercise 1: Ranking/Prioritizing Exercise\*\***

1. You find out your job position is about to be replaced by an automated system. (1)
2. The earnings of your family have significantly increased due to a new business. (3)
3. Your friend has informed you that they are moving to a new city permanently. (4)
4. Due to a crisis, you've had to take up extra duties at work and you're exhausted. (2)
5. A curious new neighbour has moved into your apartment building. (5)

\*Explanation for number one ranking\*: Losing your job to automation can have a major impact, as it directly affects your livelihood and income. It is a significant change that may cause a lot of stress and uncertainty about future employment prospects.

### **\*\*Exercise 2: Opinion Statement Agree/Disagree Exercise\*\***

1. When faced with a struggle, it's fulfilling to find a solution firsthand.

\*Agree. It gives a sense of achievement and helps us learn and grow.\*

2. Change often relieves us from situations where we suffer.

\*Agree. Change can provide new opportunities or circumstances that improve our situation.\*

3. The ability to handle change is a crucial skill for everyone.

\*Agree. Life is full of unexpected changes and being adaptable makes it easier to navigate these changes.\*

4. Steady and unchanging routines are usually more comfortable than facing continuous change.

\*Disagree. While routines can be comforting, change is often stimulating and exciting, leading to personal growth.\*

5. We should be curious about change instead of fearing it.

\*Agree. Change is inevitable, so being curious can help us to adapt and make the most of new situations.\*

### **\*\*Exercise 3: Sentence Starter Complete the Sentence with Your Own Ideas Exercise\*\***

1. If my earnings were to increase significantly, I would invest more in my future and explore opportunities to help others.
2. I believe that a crisis can be a catalyst for change because it forces us to rethink our strategies and adapt quickly.
3. When I'm exhausted, the changes I usually make to relieve my fatigue are reducing my workload, getting more sleep, and focusing on self-care.
4. I handled a major change in my life firsthand when I moved to a new city for university. It was a big adjustment, but I learned a lot from the experience.
5. If I could replace one habit in my daily routine, it would be spending less time on my phone and more time reading or outdoors.
6. Being informed about changes in our environment can help us adapt faster and make more informed decisions.
7. In my opinion, the struggle associated with change is often due to fear of the unknown, but once we embrace the change, we usually find that it wasn't as scary as we thought.
8. If someone close to me decided to make a permanent change in their life, I would support them wholeheartedly, because their happiness is important to me.