

SERIES: THE REALESTATE OF FEAR

EPISODE 3: FEAR OF CHANGE

BY: SAMANTHA PEZZOLANTI

[FADE IN SERIES THEME MUSIC 8 SECONDS, MUSIC:]

[FADE INTO INTRODUCTION TO PODCAST SERIES]

[FADE OUT TO PODCAST THEME MUSIC 4 SECONDS, FOLLOW WITH SILENCE]

[CUT TO SAMANTHA'S INTRODUCTION OF HER EPISODE AND WHAT SHE'S COVERING]

SAM- (INTRO) Change is something people sometimes have a problem coping with. Knocking things off the track or having them abruptly rerouted isn't an easy hill to climb. Change comes in many forms, personal being emotional or interpersonal or even physical. Professional change, however, is another form of change that isn't given much attention and that's what I'll be discussing today, how do you cope or understand that the goal you'd set yourself years ago is suddenly no longer an option. I asked 5 people what the scariest part aspect of change was to them here's what they had to say,

[PLAY THEME MUSIC IN BACKGROUND BRIEFLY]

PERSON 1- Jodie

PERSON 2- Mariah

PERSON 3- Eddie

PERSON 4- Val

PERSON 5- LeeAnna

[SILENCE PAUSE 3 SECONDS]

SAM- I never liked change much, in fact I loathed it and did everything I could to avoid it. I would plan things way in advance, consider all possible outcomes and plan for those too. I believed I had every avenue covered. So when I began applying to colleges I had already chosen a path for myself, picked out schools and had a dream job in mind. Since I was a young girl I idolized the women on crime shows like CSI or Law and Order SVU, Olivia Benson was my hero. I had it all figured out, get into John Jay College, join the NYPD and be a police detective. Life had other plans though.

[SILENCE PAUSE 3 SECONDS]

SAM- I got accepted to John Jay but my first week of classes I found out I was 12 weeks pregnant and life screeched to a halt. Suddenly all the plans I had neatly laid out for myself were in complete disarray. No matter what I chose to do the career paths the goals I had set were moved drastically. I couldn't process it at first but I was determined to be a good mother and meet my career goals. Ultimately I ended up having a complicated pregnancy and had to withdraw from college. When I went back things weren't the same and I realized these were changes I couldn't cope with. I abandoned my law enforcement dreams.

[SILENCE PAUSE 3 SECONDS]

SAM- A few years ago I read a book call "*Who Moved my Cheese*" By Dr. Spencer Johnson. The book is focused around change and why it is so hard for people to change their lives, careers or general paths in life. The book focuses around four characters looking for their "cheese" and explores different avenues as to why they can't find this proverbial cheese. The first and most obvious thing to note is we're resistant to change, either out of fear, stubbornness or denial. The book goes through motions to cut down the edge that comes with change but the most relevant topic it discusses is the reluctance to let go of the old to make room for the new. Spencer says " people don't think, or try to convince themselves, that they won't like the new cheese and deny themselves the opportunity to try it". However when people stray furthest from their own "cheese" they find although they may miss what they had they're enjoying what they've found.

[SILENCE PAUSE 3 SECONDS]

SAM- In abandoning my law enforcement goals I fostered a sense of confusion, I felt lost. Though a common response to change, I felt I lacked a sense of purpose. It wasn't until I allowed myself to explore new avenues that I realized I might have more potential than I gave myself credit for, hence letting go of old cheese. Previously I had only believed I would be good at law enforcement. I began working at H&R Block in 2008 as a receptionist and three years later enrolled in and passed the Income Tax Course. I came to find I had organization and time management skills, shortly after I was promoted to office manager. I had come a long way since feeling like an utter failure who'd dropped out of John Jay College. Today I hold an Associates Degree in Business Administration.

[SILENCE PAUSE 3 SECONDS]

SAM- I think change will always carry an element of fear with it but in dealing with my own life changes and ultimately prospering from them I have devised a list of coping mechanisms I hope people at any stage of their career, whether it be just starting or midway to retirement, can apply and find helpful.

One- Let go of the notion that you can plan for every type of change there might be. Even the most qualified meteorologists admit there is no way to tell if they've predicted every possible outcome. Life, like the weather, can abruptly shift direction and always knowing this may happen makes the instances where it does less of a whiplash effect.

Two- Don't limit yourself to one possibility. Knowing what you're good and being confident in it is great in fact it's better that you do. However don't limit yourself to JUST that, explore other things even just as a hobby so that in the back of your mind you know your whole life doesn't ride on this one skill or this one career.

Three- Be optimistic, remember that nothing lasts forever. Both good and bad things run out of steam so stock up on energy, on experience on assets during the good so if and when the bad does cross your skies you're better equipped to handle it.

Finally instead of worrying about maintaining one thing and using energy on that spread your energy evenly so that change can never effect ALL aspects of your life, just bits and pieces.

[SILENCE PAUSE 2 SECONDS]

[FADE INTO THEME MUSIC FROM SILENCE 5 SECONDS]

SAM- Thank you guys for listening, I hope my experiences and strategies are relatable and helpful. I'd love to hear about your stories and experiences so please feel free to reach out to me on twitter at sdotpezz and click the links below to see some of the other work I'm doing and as always stay tuned for more from me and my co-hosts of this podcast series.