

CHANGE

By: PATTY WARD, EA

We all have to deal with change in our lives. Sometimes it is a change that we chose and other times it is the result of something out of our control. Sometimes it is happy and sometimes it is not. So how do we deal with change that we really don't want?

I have been asking myself that very question as of late. Do I bury my head in the sand in angst and refuse to accept it? Do I respond with a reactionary change myself? Do I pretend it doesn't affect me and ignore the stress that it brings? Or do I accept it and try to move with the ebb and flow of life? The choices are numerous. Whatever I do decide to do is ultimately on me, as are the consequences. Nobody else.

The first part of dealing with change is figuring out how you really feel about it. Are you sad, scared, mad....? All of these things? Whatever it is that you feel, feel it. You must. Even if it is unpleasant.

Next, decide if there is anything you can do about it. You need to decide if there is a way that you can work with the change to turn it into a positive. If you think long enough, there is almost always a bright side. So, try to figure out what the positive sides are. Don't let negativity drive you away from positive, problem-solving thoughts. You are in charge of your life and emotions – always.

It is important to remember that even though our own feelings and emotions may leave us feeling vulnerable, we are in charge of how we react to change. If you can't accept it, reject it. If you are still feeling that there is more good in the game, get invested. Don't ever just go with the flow. Are you going to reject this change? Or is it a challenge that is workable? You are the only one that can make that decision.



If you have questions about a business or tax issue, please contact your Account Manager or [Patty Ward, EA](mailto:Patty.Ward@connerash.com), at (314) 205-2510 or via email at pward@connerash.com.