

# CHANGE YOURSELF

To Make a Difference

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**Change Yourself to Make a Difference in Everything.**



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## **Chapter 1: Introduction**

### **- Concept of Change**

Change, in short, is a continuous attempt by man to develop himself and his reality from bad to good. And from good to better. It is the treatment of wrongdoing. And the development of rights.

But it remains that the concept of change is broader and more comprehensive, and what is meant here is a positive change for the better.

Change is a deliberate, systematic transformation, which is planned literally to reduce the risks and the negatives that may result from this transformation process.

◆ Change carries an important meaning, which is the ability of man to manage himself, and his possession of a will, strength, and sincere determination to achieve this...

◆ It also carries the meaning of man's insight into himself and his knowledge of his faults and weaknesses.

◆ It also carries a third meaning, which is the objectivity of man, his deprivation of self-defense, and the constant defense and justification of his positions.

◆ Change requires us to have our minds flexible and open to other opinions, and not to be intolerant of anything.

◆ Change requires courage and determination from us.

◆ Finally. Not every change is considered positive change. Change is not a goal in itself, and we do not try to change just for the sake of change, because the one who always seeks change without having insight turns his life into a set of recurring fluctuations.

The well-known wisdom is that a person can change the world when he changes himself and those around him.

A particular individual or group of individuals may play the most effective and largest role in bringing about the desired change and planning for it, but the individual alone cannot undertake the greater part of the tasks, so any change process always needs the concerted group in order to achieve the desired results.

### **Do we need change?!**

The only thing constant in life is change or change. The change in itself is a provocative step because it raises many fears and ambiguities in others, and

changing the self cannot be falsified or imitating in its manifestations, it may or may not be. When we start trying to change, we get a deep sense of suffocation, distress, fear and anxiety.

There are areas for change, the most important of which is changing principles and values (thought), which is the basis of every change and results in a change in behavior and dealing with others and social change as well (the marriage... housing..) There is also a change in responsibilities, (the person must change his life by changing his responsibilities) and change Powers i.e. (the right given to a person to act and be obeyed)...etc.

### **Is change easy or difficult?**

Change is easy in theory, but the effort must be made in practice.

The most difficult thing in the process of change is for a person to have a serious will toward change. It is necessary to draw attention to the idea that there is a difference between the change that occurs as a reaction and the intended and directed change that stems from the will (inside), since the change emanates from within the soul.

There are some indications of the necessity of change: (i.e., that a person needs change):

- 1 - frustration (loss of hope).
- 2- Boredom.
- 3- Lots of problems.
- 4- Repeated failure.
- 5- Poor productivity.
- 6- A person's feeling that life has no importance.

When we want to change, we need two things:

- 1- Serious will
- 2- Ability.

And if we ask which is more important to achieve change, let us know that it is the will.. Because when a person wants to obtain something, his will drives him to provide his reasons and tools, just like the hungry person who does not have the food of his day. A trick for that.

With a strong will, the helpless can acquire a certain ability, the ignorant person can learn something from what he needs, and something great can be invented out of a trivial thing.