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# Job insecurities brought to you by resistance to change (new tech)

## A Writing Journal Series—Entry # 1.1

During the COVID-19 pandemic, there was a lot of uncertainty surrounding job security. Many people were worried about the possibility of being laid off, especially as news of companies downsizing circulated (Parkinson, 2021). This concern affected both executives and the working class, as they tried to prepare for the potential negative impact on employment.

Homer from The Simpsons (1995) is a character who works a job he doesn't enjoy in order to provide for his newborn daughter. This sentiment is something that many parents can relate to. Therefore, it makes sense that the possibility of losing a job would be a significant threat to most workers. When faced with a perceived threat, our natural response is to go into fight-or-flight mode. This can lead to temporary closed-mindedness, as described by Veland (2014).



And Maggie Makes Three | The Simpsons: Season 6, Episode 13

In my experience as a designer, I have found that my own insecurities can sometimes cloud my judgment when it comes to trying new tools. For example, if someone who is perceived as less experienced introduces a tool that streamlines the design process and produces refined results, I may initially feel threatened and invalidate the tool. I may continue to rely on my existing process, even if it is not as efficient, because I feel like using a new tool would level the playing field and make me feel replaceable. However, I have learned that it is important to give new tools a chance and take the time to critically evaluate them. In the past

year, I have grown significantly in my role as the head of no-code at Symph, and this has required an openness to learning and trying new things.

I think that the COVID-19 pandemic and the associated fear of losing one's job played a role in my initial resistance to trying new things. My personal insecurities also contributed to this closed-mindedness. However, as pointed out by Jarret (2020), it is natural for people to become more resistant to learning new things as they gain more expertise in a particular subject. It is important to break free from this mindset and recognize that there is always more to learn, even if we feel like we already know a lot about a topic. It is important to be open to learning from others and to understand that we are all constantly evolving and growing in our knowledge and skills.

By [Carl Kho](#) on [December 26, 2022](#).

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