Set in our Ways: Why change Is So Hard

This is a summary of the article “Set in our Ways: Why change is so hard”. Count Hermann Keyserling, who trusts that travel was the best way to know who you are. The majority of people hope to do something exciting when they reach around the age of 20. They are frequently ready to experience new things. When a person is past the early '20s, however, his openness to change becomes less, and he tends to be more invulnerable. Even though people become more resistant to change as they age, many still say they desire to change. Although this is the case, they typically won't make it happen. Researchers trust that this may partly be caused by unrealistic expectations and many amounts of responsibilities.

Openness to new experiences is one personality trait of the "Big Five", according to psychologists. Extroversion, agreeableness, conscientiousness, extroversion and neuroticism. Although there is disagreement about the amount of change of these personality traits in adulthood, most research agrees that openness decreases.

Psychologist and personality researcher Rainer Riemann suggests that adults from every culture face similar loads and expectations. These include marriage, an occupation, and often children. Such responsibilities take devotion and regulation, and they may hinder a change in personality. At this stage of life, new experiences might be exciting, but they would likely bring insecurity.

Brain researcher Gerhard Roth states that the brain constantly tries to form habits that bring pleasure as well as a sense of comfort and safety.

According to psychologist William R, negative events have positive results. For example, many widows can develop talents they never knew they had. Survivors of natural catastrophes often discover new strengths. But we should not draw sweeping conclusions from these examples.

People are only able to become more open to new experiences once they have fulfilled their life obligations.

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