

TOPIC:

Some people prefer to spend their lives doing the same things and avoiding change. Others, however, think that change is always a good thing.

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Over the last half century the pace of change in the life of human beings has increased beyond our wildest expectations. Change is not always a personal option, but an inescapable fact of life and we need to adapt to keep pace with it. There is a heated argument whether people must remain loyal to the conservative ways of life or to resort to modern trends.

It can never be denied that some people may become comfortable with ~~to~~ the routine practices in life, which they are more accustomed to. By remaining on the ~~in~~-a safe side while missing many opportunities, people, generally the old generation, avoid major changes. Under no circumstances do they want to step outside their comfort zone and prefer following their daily habits as they are not keen on being surprised. In their estimation staying secure and maintaining the status quo is the best way to live safer.

However, it can be argued that the life of people will become more adventurous if they opt for new trends and experiences. As well as making life more fun and interesting, new experiences can be good for their physical and mental health. Furthermore, Changes create new opportunities which make them to leap forward. A new job, for instance, might present challenges that push people to acquire new knowledge or develop their skills in which case it can make them more experienced and valuable.

To put in a nutshell, both sides seem to have their own merits although I would argue that alterations in some activities and practices are essential to achieve progress and success.