

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.

In today's fast-changing world, ~~avoiding~~ changes in the human beings' life ~~is-are~~ inescapable because of various technological and scientific improvements which have affected significantly economic activities and altered many traditional ways of living, so people should accept the majority of them to maintain their position.

Many individuals tend to maintain their comfortable zone ~~their~~ whole ~~their~~ life. They believe that changes which have been imposed upon their social or even personal situations could be extremely stressful, costly or even destructive so that they find it hard to cope with change. Moreover, these people insist on marked shifts due to lack of knowledge or maybe because they are afraid of new technology to use it, so they are often willing to keep their ~~safe~~ ~~space/~~security by refusing any types of alter~~n~~ations, even though by considering the noticeable pace of development through the modern century it is inevitable. Obviously, they will encounter changes among the familiar jobs or in their stable conditions gradually.

However, some people especially the young generation usually embrace new alternatives to achieve more as well as finding new opportunities. They assume that by knowing recent inventions and ideas they will be stimulated to pursue their goals while they are saving their time and ~~promote-promoting~~ their life's quality, although sometimes they unconsciously ~~are-~~undergone changes to make profits for powerful and wealthy people who encourage people to accept new patterns of working, behaving or communicating like increased overuse of virtual ~~comm~~unities and networks that regardless of their advantages have caused considerable social issues.

In conclusion, adapting to change could ~~be energizing and have positive influences in society,~~ ~~so the benefits could~~ outweigh ~~the~~ disadvantages ~~and also be energizing besides its positive influences in society,~~ if it was not imposed on people and emerged as a result of necessities.