

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 opinion.

Accepting or avoiding changes depends on individuals' personality and environmental circumstances. In my opinion, these two groups of people have no advantage over each other and each one has its own pros and cons.

Avoiding change may be a result of lack of self-confidence, in other words, these kinds of people are afraid of any disruption in their routines that make them anxious. Although this lifestyle makes them calm, they deprive themselves of different exciting events in their life and encountering new experiences thereby improving/which can improve their personality and their skills. However, changing becomes an inevitable fact in nowadays today's human life. During the last decades with technological advances/by improving technologies the pace of change in the environment has increased dramatically that has led to~~leads to an~~ evolution in individuals' lifestyle. Hence, even if someone has no will to change, the living environment forces him-them to change.seek sought sought

On the other hand, some people are seeking new challenges. They are bored if their life becomes monotonous and prefer to gain novel experiences. Leadership and adaptable-adaptability are usually part of their personality that can encourage them to take risks to achieve their goals. However, some individuals ruin their lives by a lack of stability in life. Trying different careerss or being in various relationships may inflict irreparable damage on their life.

To sum up, infrom my point of view/in my view, according to the aforementioned discussion, it does not matter what-which group of people you belong to. In fact, the-what is importance-important is to have a passion and the enthusiasm for the way you live and avoid destructive behaviours.

Look me in the eye

She is at home

She is in the home