

"It Takes Nothing to change"
- Sartre

Change that is disturbing/unacceptable/problematic
Affects our meaning-world in general and
the meanings we give to "self" in particular

The loss that can be experienced with change is not only
the loss of some 'thing' (a person, ability, part of the body,
but also the loss of meaning ^{a possibility, etc} and all of the
certainty/security/continuity that accompanies meaning.

Embracing change moves us in a temporary and unpredictable
Meaninglessness (ie: the open possibility of new meaning - including
a new 'I')

Resistance to change Allows us to maintain our current meaning to some
degree BUT AT A PRICE THAT MAY ultimately diminish its value to us.