

# [Example of essay on building a human identity](https://assignbuster.com/example-of-essay-on-building-a-human-identity/)

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Change is an important thing in the society. In the dynamic world, people need to change with the inventions that come about. In fact, some philosophers argue that the main reason for change is the change itself. People need to accept change not for any reason, but for the implications of the changes in their living standards and conditions. Some people offer resistance due to the fear of losing what belonged to them in adopting something new. Others have also resisted change due to unclear definition of the new status to be implemented. However, it should be noted that people will not always resist change, at some points in time, they would easily accept change. In this paper, I would present a situation in which I had to go to another community after living in my community for 17 years.
I have always learnt about the cultures of other communities in class, but never got the opportunity to interact with them. Nevertheless, I am a reserved person who would always want to maintain my culture, which I have always upheld as the best. In my community, we had youth mentorship program, which helped in developing the youth socially. I am a member of one of the groups participating in this mentorship program. For the past 8 consecutive sittings, my community has hosted this mentorship program. This has always made me uphold my community as superior.
Last summer, the unexpected happened. Just within two weeks to this annual event. The organizers decided to reschedule the event to another community as opposed to the earlier arrangements to hold it in its usual venue-in my community. This fortnight event would imply that we would stay in this foreign land for the whole period. I have never wished to conduct anything outside the boarders of my community. I felt so depressed and opted to boycott the event. If not for the educational contents of the program and the advice of my friends, I would have skipped it. The worst was that the event was rescheduled to the community that I have always despised as inferior and remote. All withstanding, I decided to attend the sessions of this program. The first few days were uncomfortable for me. I adjusted slowly to the new environment since my friends had a lot of interest in the adventures of the place. After close to five days, I had loved the place and never wished the retreat would end. I came to realize that I had enclosed myself to accepting other cultures and human diversity. However, each culture is unique in its own way. The uniqueness in the cultures makes none of them superior to others.
In understanding the cultures, values, norms and customs of other communities, there are certain steps required. The first step is making a conscious decision by establishing friendly relations with other people from other cultures. The second step involves putting yourself in a situation where you expect to meet with these people from the other cultures. Examine your similarity with their culture – also your biases about their cultures. The fourth step is asking those questions about their cultures, norms, values, and customs. After establishing these from them, read about their cultures and obtain their histories. Allow them to tell their stories as you listen to them. The seventh step involves singling out the differences in communication styles and values from these cultures. Then risk by making intentional and non-intentional mistakes, this will help you learn certain things from foreign cultures. Finally, learn to be a friend to people from other cultures