

Adapting people to environments



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Adapting People to Environments

Life experiences help us to adapt to environments, cope with challenges, and continue to hone us as better individuals (Newman & Newman, 4). I am usually the type of person who loves to be alone. I do have interactions with other people but relationships are merely superficial. I preferred to do things on my own and chose not to depend on anybody else. It was probably my previous experiences with friends that I learn not to trust other people.

The experience I had not only changed my view of life but also my social relationships with other people. It happened when I was applying for a part-time job and got accepted. As part of the pre-employment program, a personality development and socialization program were conducted.

Programs are aimed towards developing a positive outlook towards life, work, and co-workers. During the program, I heard of others' experiences, frustrations, and motivation why they keep on working.

A co-worker narrated his drastic experience with bullies. These bullies always get his money, emotionally abused him, and beat him. Despite negative experience, this person said that it never barred him from trusting and developing bonds with other people. He believes that there are other people like him and there are still good people out there. He also said that we don't have to feel disappointed because of a negative experience and that we should continue to trust other people despite bad experiences. I felt slapped at his confession. That confession had helped me to become a better person and changed me from an aloof person to a friendly person.

Work Cited

Newman, Barbara & Newman, Philip. Development through Life: A

Psychosocial Approach, 11th ed. California: Wadsworth, Cengage Learning, 2011.