“The first step toward change is awareness.”

As psychologist Nathaniel Branden said, ***“the first step towards change is awareness”***, do you or do you not agree with this? We, as sensible people, always keep thinking about the change that we need in society and how we could contribute to that.

There are so many things in the world that need to be changed. We always think if we had enough power, position, or money, it would have been easier to reach out to people, to raise our voices, to put our thoughts out there and much more.

Whenever we hear the word ‘Change’, we think about what we can do, how to begin with, what steps should be taken, what we should do first and what comes next. We all know nothing changes overnight or in a snap of a finger because after all, none of us are Thanos here. Well, jokes apart, we know it’s a long process. People usually accept what has been happening for ages even without knowing the reason, the logic behind it. I don’t blame them. I, in fact, empathize with them as they have been conditioned like that. I often think, how do you bring a change in a society which doesn’t want to change?

When I was younger, I used to think that in order to bring a change, you have to revolt, you have to fight, well that is there too, but that’s not how you begin with. There are people who don’t even know why the construct needs to be changed. They are not even aware of what people are fighting for. They have accepted things as they are and carry on with it. What we really need to do is make them aware and tell them why there is a need for change, tell them what is wrong and how it can be corrected.

I’m not saying that after knowing the whole thing or spreading awareness, their mind will suddenly change. Humans are complex creatures and the human mind is the most complex of all. There will be times when you will be criticized, there will be people who will make you believe that your efforts aren’t going to make any impact but if all the great thinkers in the world would have given up thinking that they cannot do it, nothing would have changed today.

With time, I have learned that when you think of changing something, you have to first educate yourself enough about why that thing exists in the first place. When you are completely aware of it, when you know the facts, then only can you take it further and tell others about it. The change doesn’t begin when people react and support you. I feel that the change begins the moment a question arises in their mind, a question which makes them think, ***“Is this right or does this need to change?”***

If you are able to raise a question in their minds, there’s your first victory right there. The question will only arise when there will be awareness, when they will understand the need for the change. You have succeeded if you are able to even slightly change their mind-set. As George Bernard Shaw has rightly said, ***“progress is impossible without change, and those who cannot change their minds cannot change anything.”***

To all the courageous people out there who constantly think about how they can contribute to bringing a change in the society, don't give up! Begin with yourself first, educate yourself enough in order to spread awareness among others. Whenever you feel like your efforts are going in vain, just remember what Mother Teresa has said, ***"I alone cannot change the world, but I can cast a stone across the waters to create many ripples"***