



daily GOOD

Time is something that interests me a whole lot -- past and present, and how the past appears as people change. --Alice Munro

Why Did We Stop Believing that People Can Change?

"Belief in the fixity rather than the fluidity of human nature or maybe in guilt without redemption shows up everywhere -- not just in the formal legal system that decides questions of innocence, guilt and responsibility but also in the social sphere, in which we render verdicts replete with both unexamined assumptions about human nature and prejudices for and against particular kinds of people and acts." Writer Rebecca Solnit shares more in this thoughtful piece about why it matters that society learns to recognize transformation, and create processes for reparation.

Be The Change:

What would it be like to attune to transformation in the people we interact with? If inspired to, practice with trying to see people as who they are, and not who they have been or what they might have done in the past. Notice if anything shifts in your experience of them.