Moving is all too often a dreaded word, carrying with it associations of countless cardboard boxes, rental trucks, and endless headaches/frustrations. While this is sometimes the case, moving doesn’t have to be a nightmare. In fact, with preliminary research and proper planning, moving can actually be an enjoyable and worthwhile experience.

People have been moving, in one form or another, since the beginning of time. It is a natural part of life. It could be argued that humankind was not meant to stay in one place for life. People tend to go where the action is, whether action is defined as food, resources, jobs, or entertainment (Taylor, 2009). The question soon emerges, then: why is moving such a daunting task? Perhaps a better question, however, is why do so many people avoid it, even when a move would clearly be in their best interest?

On a very basic level, a better understanding of “home” can help answer the questions above. According to Jones (2011), “the notion of ‘home,’ like the notion of ‘love,’ has been romanticized to the point that the term is essentially meaningless. Perhaps ‘home’ can best be defined as the place where our mail is sent” (para. 5). While Jones makes an interesting point, he misses something essential—home is love. It is where we find comfort, companionship, and joy. It is also a place of memories. Moving, then, results in parting with all the memories one has made in a particular location. “Home,” then, can be defined very simply as a “house” for the individual’s memories and associations from a given period of his/her life. To relocate is to take a step in a new direction, and this can be very scary.

Furthermore, a challenge many face is deciding when it is time to move. Far too many people commit to one geographical location and adopt the mindset that this is home, regardless
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