

## YOUR COMFORT ZONE IS NOT A GOOD BENCHMARK

When you're not used to –

- asking questions, **curiosity** can feel stupid.
- being assertive and powerful, **telling the truth** and speaking up for yourself can feel aggressive.
- being decisive, **confidence** can feel arrogant.
- feeling and vulnerability, **emotions and sensitivity** can feel overwhelming.
- feeling grounded and centered, **peace and calmness** can feel lazy and unwise.
- taking the lead, **leadership** can feel bossy and controlling of others.
- being in relationship, **give and take** can feel awkward and confusing.



- being loved and feeling love, **love** can feel fake and manipulative.
- feeling validated, **receiving support** can feel insincere and pointless.
- feeling worthy, **compliments** can feel insincere and embarrassing.
- feeling your own existence, **being present** and taking up space can feel terrifying and like a fraud.
- fitting in, **belonging** can feel self-conscious.
- getting your needs met, **prioritizing yourself** can feel selfish and egotistical.
- receiving help, **asking for help** can feel like a victim.
- solitude, **being alone** can feel like punishment.



If you cut the cocoon away from the caterpillar, it dies because the manner in which the butterfly develops is through struggle. First the caterpillar must dissolve into a mass of goo inside its cocoon. Then it mysteriously starts to struggle, and it's the struggle that forces blood into wings so the butterfly can spread its wings and fly. Without the struggle, the caterpillar will never become a butterfly – it just dies. It's the same with people. We need our pain and struggles and challenges in order to develop and spread our wings and fly.