

OUR COMFORT ZONE IS NOT A GOOD BENCHMARK

- When we're not used to asking questions,
curiosity can feel stupid.
- When we're not used to feeling our emotions and vulnerability,
emotions and sensitivity can feel overwhelming, childish, or like victimhood.
- When we're not used to feeling validated,
receiving support can bring up feelings of unworthiness.
- When we're not used to receiving help,
asking for help can feel embarrassing and like victimhood.
- When we're not used to feeling love,
love can feel fake and manipulative.
- When we're not used to being decisive,
confidence can feel arrogant and selfish.
- When we're not used to feeling grounded and centered,
peace and calmness can feel lazy.
- When we're not used to experiencing our own existence,
being present and taking up space can feel terrifying and like a fraud.
- When we're not used to fitting in,
belonging can feel self-conscious and shameful.
- When we're not used to getting our needs met,
prioritizing ourselves can feel selfish and egotistical.
- When we're not used to solitude,
being alone can feel like punishment.
- When we're not used to feeling,
our own being can feel overwhelmed and scared.



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 us. For whatever reason, we need our pain and struggles and challenges in order to develop and spread our wings and fly.