

The Butterfly Story...

The Struggle is Not Only Real, But Needed



We have all heard some iteration of the story below... and it is worth thinking about more deeply, as we often lose perspective. This story isn't supposed to make us sad. Instead, it is intended as a lesson in growth and development. The biggest lesson to take from the story is that each person must do the work themselves to become who they need to become.

The story starts with a person who was out on a walk and saw a butterfly trying to bust out of its cocoon. The person wanted to see the transformation of the caterpillar turning into a butterfly.

So the person sat and watched for a long time, as the butterfly fought to get out of its cocoon.

The butterfly spent those hours struggling to push its body through a small hole before stopping without much, if any, progress.

After a while, the person watching assumed the butterfly couldn't get through any further because the hole was too small.

The person wanted the butterfly to make it out, so they decided to help.

With the best intentions, the person carefully and precisely tore the rest of the cocoon open and off.

Once they cut the cocoon, the butterfly emerged without any more of a challenge.

However, the person quickly noticed that the butterfly didn't look like it was supposed to.

The butterfly's body was swollen, and its wings were small and shriveled.

At first, the person didn't think that this was any big issue, and they continued to watch, expecting the transformation.

The person waited for the butterfly to fly away, but it never happened.

Instead, the butterfly was forced to crawl around on the ground with tiny wings, unable to fly.

Between the underdeveloped wings and the butterfly's swollen body, it would never be able to live a fulfilling life, free to fly.

But why couldn't the butterfly fly?

While cutting the cocoon and helping the butterfly emerge might have seemed like a good idea, it wasn't.

The butterfly's short life would be spent on the ground rather than flying around like it's supposed to.

When this situation happens, it's because the butterfly doesn't receive the hardship and resistance it needs to grow and fully develop.

When a butterfly works on squeezing its way through the tiny opening, it's doing what it needs to do.

The restriction forces the fluid from the body into the wings, making them grow as it emerges.

However, they must work their way out of the cocoon for their wings to develop.

Additionally, the butterfly must eat its way through the cocoon to become strong enough to come out whole and strong.

When the man thought he was helping by cutting the cocoon, he did the opposite.

He prevented the transformation and the butterfly's chance to fly freely.

This story reminds you that every struggle makes us stronger and that every hardship helps us become a better version of ourselves. While no one wants to experience difficulty, it is necessary for growth and development. Think of all the ways this can apply to your life. The story helps us recognize that our best intentions might not be what our loved ones always need. Instead, it can at times hold them back and cause more problems. Even when you can step in and make things easier, you must use restraint from stunting their growth and development. It might be hard to sit back and watch, but it'll be worth it long-term. It will help them make beneficial changes that last throughout their life. When you take the easy path or step in to help someone else, it only leads to a more challenging life. It leads to more incredible hardships later on that you or your loved one probably isn't prepared or developed the tools to handle. Everyone must experience hardship to make essential and beneficial life changes. Remember, hardships help us grow and develop into a better version of ourselves. While struggling isn't a good time for anyone, and watching someone struggle is also difficult, we have to remind ourselves that moments of hardship and obstacles are often the times that change a life for the better!