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The 7 Secrets to Getting Over a Relationship

What Every Person Should Know about How to Get Over a Breakup

By Kevin Kurgansky
The 7 Key Secrets to Getting Over a Relationship

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About the Author

Kevin Kurgansky is the author of The Ultimate Guide on How to Get Over a Break Up, founder of The Empowered Breakup Community and the creator of The Breakthrough Breakup Program and founder of “The Empowered Breakup”

He is also a Certified Coach with The Life Coach Institute and he has his own private practice as a Break-Up Coach. He specializes in helping people break up without breaking down and helping people go from breakup to breakthrough.

Four years ago, he went through a devastating break up that propelled him on the path to self-discovery. After an intense period of reflection and personal growth, he emerged from the experience as a changed man and went on to help hundreds of people through the painful process of getting over a break up.
Chapter 1

The 7 Key Mindsets for Getting Over a Break Up

After helping thousands of people through the process of getting over a break up, I started to notice some interesting patterns.

I found that people who naturally recover faster after a break up have a different “mindset” than people who spend a long time suffering over the loss of their ex.

I discovered that the “difference that makes all the difference” is your way of thinking.

The way you choose to view the break up can change your entire perception of the situation. What you choose to focus on can actually affect the way you feel about what happened.

So in this chapter, I’m going to share 7 key mindsets that are crucial for getting over a break up as fast as possible.

I’ll also be sharing a couple of very powerful beliefs I’ve discovered that’ll give you a new way of looking at your break up and make it much easier for you to get over your ex.

**So what’s a ‘mindset’ and why is it important?**

Your “mindset” is the frame through which you look at life; you can think of it as your “window to the world”

Your mindset is composed of all the thoughts and beliefs you’ve adopted throughout your lifetime, which affect how you see and interact with the world.
See, we like to think that we’re seeing things as they are but we’re actually seeing things through our own unique “distortion” of how we think the world works.

This distortion is determined by our beliefs, which are the forces that ultimately shape our experience of life.

Your beliefs are like the ‘lens’ through which you see the world. You can think of your beliefs as your “glasses”

When you put on a pair of glasses you start to see things differently.

Sometimes it’s the perfect fit and it helps you see things much more clearly and other times it causes things to get all blurry.

And what happens when you try on a pair of glasses and things get all fuzzy?

Do you continue to wear them?

No!

You take them off because you realize they’re not helping you and it’s only making it harder for you to see.

Well your beliefs work in a very similar way, they can either help you or they can make things more uncomfortable for you.

Perhaps some of the beliefs you have around your break up are not helping you. In fact, some of them may be causing you a lot of unnecessary pain and suffering.

It is important for you to develop the ability to see which beliefs are not serving you so that you can “reframe” them and put on a new pair of glasses that do serve you.

By reframing the beliefs that hold you back into something more beneficial, you shift your “mindset” and change the window through which you see the world.

Just like putting on a pair of glasses that actually fit you allow you to see things clearer, so does doing this.
Unfortunately though, this process is A LOT easier to do with a pair of glasses than it is with your beliefs. That’s because your beliefs are much sneakier.

See, with a pair of glasses you can clearly tell when you’ve put them on because you get instant feedback through your senses (your eyes)

Based on this feedback, you can quickly determine whether or not it’s the right fit for you. You can instantly see if it’s helping you see better or it’s just making things worse and you respond by either keeping them on or taking them off.

Well your beliefs actually go through a very similar process but it’s a little different because they are much more subtle. Because there’s no clear physical representation of your beliefs like there are with glasses, the “taking on and off process” happens in your mind and you’re usually not even aware of it.

Because of this, you may not even realize that you’re “wearing a certain pair of glasses” or functioning according to a certain belief. In fact, you may not even recognize that your experience of life and how you’re feeling is actually the “sensory feedback” that you’re getting in response to your mindset.

See, instead of getting instant feedback through your eyes... you get feedback through your emotions. You can use your emotional response to help you evaluate your belief and decide whether or not you want to keep it around.

**The 3 most important things to consider when examining any belief**

1) How does it make you feel?

2) Does it help you achieve the ultimate outcome you desire?

3) Does it serve you in creating the life you truly want to live?
It is extremely important for you to develop the ability to be able to “step back” and examine the feedback you’re getting and adjust your beliefs accordingly.

You must be able to recognize whether a belief is helping you or hurting you and then “take it off” if it’s not serving you and find a new pair of glasses that do.

Just like anything else, it may be a little difficult at first and it may take some getting used to but it is a skill, and it can be developed. It is absolutely essential that you develop this ability if you want to get over a break up.

A significant portion of the work we’re going to be doing to help you deal with all the pain of your break up and help you get over your ex is going to involve a process of shifting your mindset and changing your focus.

A lot of the exercises that you’ll find in the book will facilitate the process for you and guide you through it step by step in order to make it as simple and easy as possible for you.

The only thing I ask from is that you be willing to try on a new pair of glasses temporarily and wear them long enough to get some “sensory feedback” so you can determine for yourself whether it helps you or not.

I encourage you to try it on and play with it for a little bit.

If it helps you, great; I’m glad I was able to help you pinpoint the right glasses for you.

If not, no harm done; you can always take them off…. you have nothing to lose.
Mindset #1

It’s over and they're not coming back. Not now and not sometime in the future.

This is the #1 most important belief you must have if you truly want to get over the pain of your break up.

You have to avoid harboring hope that you and your ex will get back together.

It makes it really hard for you to get over them and move on with your life if you’re secretly thinking about the two of you getting back together.

Sometimes your mind can play sneaky tricks on you... it might accept the fact that it’s over now but it still keeps the possibility of you two getting back together open for “sometime in the future.”

In some cases, our ex’s are the ones who actually perpetuate this problem as they’re breaking up with us by saying “this is how I feel right now but who knows, maybe there can be something between us in the future”

I’m not sure if they think that for some odd reason hearing this makes it “easier on us” or if they’re not 100% sure of the decision themselves or if women simply don’t have a problem with this vague, open to possibility, wishy-washy kind of thinking.

However, as someone who just got dumped... this kind of thinking is deadly.

It will literally keep you from fully getting over your ex

You’ll be living in a constant state of “inner conflict” because a part of you will claim to be “done with her” while a part of you will be harboring hope of you two getting back together. You’ll secretly be waiting for her to “come back around” and it’ll kill you.

You’ll be unsure about the situation between you two and you won’t have any clarity around where you stand with one another and you’ll end up living in a perpetual “grey zone”
If you guys broke up with the vague “we’ll see what happens in the future” bullshit then call her right now and tell her that you respect her decision, you’re moving on with your life, and that there’s no future between you two.

I know it may sound ridiculous considering she’s the one that dumped you but if you guys broke up with an “open loop” then you need to finish the job and close it.

This way there’s no misunderstanding between you guys and neither of you are secretly waiting around for one another.

Now both of you know what’s done is done.

It’s over... period.

This is what people call “closure”

From this point on, you must be relentless about keeping any thoughts of you two getting back together from even entering your mind. Do whatever it takes to get yourself to realize that you two are done for good and nothing is ever going to change that.

Even if they come crawling back to you crying saying they made a mistake, you can’t budge. If they start apologizing for breaking up with you, you have to be firm about this decision.

It’s too late now... their chapter in your life is done.

Trust me, being diligent about it now will save you a lot of unnecessary stress, pain, and suffering and it’ll also really pay off in the future.

Here are two of my favorite break-up quotes that do a great job of explaining what I mean...

“Relationships are like glass... sometimes it’s better to leave them broken than try to hurt yourself putting it back together.”

“Some people think holding on makes you strong... but sometimes it’s finally being able to let go.”
**Mindset #2**

*Keeping in contact with your ex will kill you.*

While this is obviously a very extreme exaggeration, this is how seriously you need to treat it.

If you try to stay in contact with your ex...

1) It’s going to hurt you even more and the break up will be even more painful than it already is.

2) It’s going to be even harder for you to get over them

3) You’ll suffer even longer

That’s just a quick overview of the many dangers involved in staying in contact with your ex. I discuss the importance of cutting all contact in much greater depth in my book but you already know that it's not good for you. You don't need more reasons to do it, you just need to hold yourself accountable and make sure that you don't cave in.
Mindset #3

Everything Happens for a Reason

I actually “adopted” this mindset from my ex and it was one of the most empowering ways of seeing the situation I’ve discovered.

I’m infinitely grateful to her continuously stressing this during

Seeing things through this “lens” helped me get over the pain of the break up faster than I could ever imagine and allowed me grow in ways beyond my ability to even describe.

Going through a painful break up often forces us to really take look at our relationship, but even more importantly, it forces us to take a look at ourselves.

Once we can detach our sense of pride from the situation and actually look at it objectively, there is usually a lesson to be learned.

You need to be able to recognize that lesson and embrace it.

It is a gift.

People come into our lives for a reason, whether it’s to teach us a lesson or to show us something.

Once we stop blaming others for our situation and begin to take responsibility, the reason becomes much clearer.

Truly believe that whatever happened, happened for a reason.

Adopting this mindset is crucial because it gives you a new “lens” for looking at the situation.

You suddenly realize that...

It’s not happening to you
It’s happening for you

It helps you go from sulking in your pain and feeling like a “victim” who just had this horrible thing happen to them to
someone who’s able to recognize that this is happening for a reason and there is something for you to learn from all of this.

You realize that it’s your responsibility to reflect on the situation and see what you need to learn from it in order to discover what that reason is.

If you don’t realize it now, chances are you’ll just have to learn the same lesson through another painful experience in the future that’s trying to get you to “wake up” and pay attention.

So save yourself the trouble and learn it now.

Find the reason behind all this madness and begin to see it as an opportunity for you to grow into a stronger and much wiser person.

I know in the midst of all the pain and heartache it may seem like it’s all for nothing but one day you’ll find that you’ve walked through the darkness into something truly incredible.

I have come to believe that all the pain we go through is part of the journey to find the peace and happiness that we all search for.
Mindset #4

They're not trying to hurt you.....
They're just searching for their own happiness.

A friend of mine shared a very profound quote with me the other day that goes...

“People aren’t trying to hurt you; they’re just trying to save themselves”

If you really think about it, it can apply to so many different aspects of life. However when I first heard it, I thought it was a perfect way to illustrate the nature of break ups.

It’s really important to remember that she’s simply a girl searching for her own happiness... just like everybody else.

While she was traveling down her own road, you two crossed paths and she decided to join you for a little stroll together.

You enjoyed a nice romantic walk together and everything was great. However, one day she realized that she doesn’t want to keep walking down the road with you for the rest of her life. She decided to make a turn and travel down a new road by herself.

That doesn’t make her "wrong" and it doesn’t make her a bad person, it just means she felt like trying out a different path.

Who knows if it’s the right decision or not, she simply felt like it was what she wanted to do in the moment... so she did it.

Yes, I’m well aware that this is very oversimplified and it doesn’t take into account the emotional pain that you feel from her decision to “make a turn” but that’s the situation in its essence.

The fact is... you can’t control other people.

If they want to go, you have no choice but to let them go.
I know it sucks and it hurts like hell but you can’t keep people tied down to you. If they think they’ll be happier without you, it’s their right to go ahead and “test it out”

Here’s a great quote I once heard from one of my friends, it does a great job of capturing the essence of this mindset.

“When people can walk away from you, let them walk. Your destiny is never tied to anybody that left. People leave you because they are not joined to you, and if they are not joined to you, you can't make them stay. Let them go. It doesn't mean that they are a bad person; it just means that their part in the story of your life is over. And you've got to know when people's part in your story is over so that you don't keep trying to raise the dead. You've just got to know when it's dead. You've got to know when it's over.”

People should be free to walk away without you labeling them a “bad person” or reacting childishy.

It’s tempting to just paint her out to be a heartless bitch who broke your heart and decided to leave you out of the blue.

In fact, I know it may seem that way sometimes times, especially if there was some cheating involved. However, you have to realize that she’s not trying to hurt you... she’s just trying to look out after herself.

If she cheated on you or found someone else that she’d rather be with, it sucks... but carrying around anger and resentment towards her sucks even more.

There’s a really famous saying that goes...

“Holding on to anger is like grasping a hot coal with the intention of throwing it at someone else; you are the one who gets burned.”
The reason I love this quote is because it does a great job of illustrating the fact that being angry doesn’t hurt anybody but you.

Too often we think that by being angry we can really “show them.” We think it helps us get our point across and we take a certain pride in feeling the way we do. We even tell other people what happened so they can take our side and make us feel justified for feeling the way we do.

Not only is this not helpful whatsoever but it actually hurts us even more. Becoming bitter about relationships (or about men or women in general) is tempting but rather pointless as well.

It’s easy to just say “fuck relationships, they bring nothing but pain, stress, and drama and then you end up hurt cause they leave anyways, what’s the point?”

The fact of the matter is that during the course of your life, you will be in relationships that don’t work. That doesn’t mean that “all relationships suck” and they’re all doomed from the start.

It just shows you that this is the journey you must travel in order to find one that not only works, but also fulfills and sustains you. You must accept this as simply part of the process.

You must also realize that no matter how hard you love or “try to make things work” - you have no control over how the other person reacts to that.

I know moving on seems really hard right now but if you ever want to have a fulfilling relationship in your life; you’re going to need to work through this so you can be ready for when you find the right woman.

You need to be a good match for a woman who will love and appreciate you and also have the strength to work through the inevitable challenges in any relationship.

And guess what?

A quitter with an inability to move on from failure isn’t a good match for a strong woman.
Mindset #5

You Are Responsible For Your Own Happiness

When I went through my first really painful break up, I didn’t have any of these great resources that you have at your fingertips.

I was in ALOT of pain and I was searching feverishly to try to find something to help me. Unfortunately, everything I found online was a bunch of really corny cliché bullshit for chicks.

Then one day, I stumbled across a website by a guy named Eddie Corbano. He went through a really painful break up himself over 10 years ago and he had a blog post up online about one of the big breakthroughs he had after his break up.

One day, he had a distant relative that he hadn’t talked to in years suddenly call him out of the blue after hearing that his ex left him and he’s been sulking in his pain for the past 6 months totally depressed and heartbroken.

He asked to meet Eddie for lunch to talk about it and although he resisted at first, he finally agreed. When they got together he asked him a very simple question:

**Why do you think SHE is responsible for YOUR happiness?**

After he heard this, he had a HUGE breakthrough.

He suddenly realized that he felt like he “needed” her in order to feel happy.

For the first time in his life, he realized that he wasn’t COMPLETELY happy on his own.

His girlfriend made him feel valued and loved when a part of him didn’t even really value or love himself.
He felt like he “needed” her in order to be happy so he held on to her to have a sense of meaning and purpose... it’s like she was the one who was keeping him going.

When I read his story, I was completely blown away. I realized that I also had a part of me that felt like I needed my ex in order to be happy.

Sure, there were a lot of things in my life that I enjoyed doing and made me feel happy but I wasn’t COMPLETELY happy with myself.

It’s like I had some “pieces to the puzzle” and there were things that made me feel good about myself... but the puzzle still wasn’t complete.

However, when she came along it’s like she was able to fill in the “missing pieces” and make me feel whole and complete.

While this felt amazing while we were together, after she left it’s like she took those pieces with her and I was suddenly faced with this “empty void”

Although that empty void was probably there all along, when you’ve lived your entire life with an “incomplete puzzle” you never really realize that it’s actually incomplete because it’s the only way you’ve ever known. You don’t have anything else to compare it to because you’ve never experienced what it’s like to feel “complete”

It wasn’t until she came into my life that I actually experienced what it’s like to be “in love” and it was my first time actually feeling whole and complete.

Now I don’t know if she actually filled in the “missing pieces” or if she simply gave me enough love that I didn’t see that they were there. It didn’t matter though because once she left, you couldn’t miss them, they were as bright as day.

After we broke up, the entire puzzle crumbled right in front of my eyes and I realized I didn’t have all the pieces “together”

The main reason for this was because I wasn’t totally self-reliant for my happiness.
While I was able to derive a sense of happiness from the person I was, I still didn’t feel like it was “enough”

It’s like it was half full (which is better than half empty) but I still *needed* someone to top off the other half and “fill me up”

The lesson from all of this is that:

**You Are Responsible For Your Own Happiness**

In fact, there’s a great quote from the movie “Eternal Sunshine of the Spotless Mind” that illustrates the frustration girls feel with guys who assign their happiness to the girl they’re dating.

“Too many guys think I'm a concept, or I complete them, or I'm going to make them alive. But I'm just a f*cked-up girl who's lookin' for my own peace of mind; don’t assign me yours” - Clementine

Not only does doing this frustrate the hell out of girls but it actually *drives them away*.

The reason for this is because it feels like a *burden* to her.

She’s just looking for her own peace of mind and when you assign your happiness to her... it becomes too big of a burden for her to carry.

When you start expecting her to be able to “make you happy” it puts too much stress and pressure on her. When she isn’t able to make you happy for whatever reason, you get noticeably irritated.

You don’t even have to say anything; it shows through your behavior. You subconsciously communicate an expectation for her to fulfill and when she has to constantly worry about how to make you happy, it disturbs her ability to find her own peace of mind.

By the way, this isn't just limited to guys. Girls do this stuff too. And the ones that do get perceived as needy and clingy. They want to spend every waking moment with their boyfriend because they somehow complete them. These women typically jump from relationship to relationship, looking for someone to fill their void. The thought of being alone is scary to them. They think someone else has the key to their happiness.
Mindset #6

At this point, your ex is only holding you back from becoming the person you deserve to be.

This is hands down the most important sentence I’ve ever heard in my entire life. I really mean it. Nothing has made a bigger impact on my life than the words you just read.

I remember one day after my break up, I was having a conversation with one of my best friends Shawn.

We talked in circles for a couple hours but then he said this one simple sentence and that’s when everything suddenly “clicked”

I realized that it’s no longer about her or our relationship...

It’s about me.

I shifted my focus from how much it hurts to lose her and how much it sucks not having her in my life and instead I asked myself:

“How can I use this experience to help me become the person I know I deserve to be?”

This seemingly simple shift in thinking alone was worth more to me than ANY amount of money I could ever give my friend for the rest of my life.

It was a huge “aha” moment for me.

So while I know that a lot of your concern is about how to get over the break up... you need to realize that this is no longer about your ex. This is about you.

It’s perfectly normal to be in pain right now and it’s okay to be hurting, it’s only natural. However, you have to remember to focus on yourself and keep living.
There’s a really good quote by Helen Keller that says...

"When one door closes, another one always opens; but often times we spend so much time looking at the closed door that we don’t even see the one that has just opened for us."

I chose to share this quote with you because it does a beautiful job of capturing the essence of this mindset.

Continuing to focus on the “break up” is like staring at a closed door... you can really only stare at it for so long before you realize that it’s not going to get you anywhere.

You won’t be able to see the new door that just opened for you until you decide to stop looking at the door that just closed (that you can’t even do anything about)

One of the “mindsets” I adopted to help me through this was...

“No amount of resistance will change anything, I can wallow in self pity or I can accept what happened and pick myself back up”

I know it’s tempting to get down about what happened and focus on how much it sucks that she’s gone and keep looking at the “closed door” – but it’s absolutely crucial that you shift your focus and choose to find the “new door” that just opened for you and see where that door will lead you.

I once read a good quote by Joanna Barsh that said...

"Good things and bad things happen to everyone; what makes the difference is how you work with the raw material of life."

It’s so simple yet so profound.

What happened already happened, the only choice you’re left is deciding how you’re going to work with the “raw material”

**Use it to become the person you deserve to be!!!**
What Doesn’t Kill You Only Makes You Stronger

I’m sure you’ve heard this saying dozens of times in your life but now is as good of a time as ever to really absorb the truth behind this saying. You need to come to realize that everything that doesn't kill you teaches you an important lesson in life.

I’ve found that anytime I learn something the hard way, I usually learn a very valuable lesson. Once I learn the lesson, it’s no longer a mistake… the only \textit{real} mistake is the one we learn nothing from.

There’s a great quote by Mary Anne Radmacher that says…

\textbf{“Consider calling it a challenge rather than a crisis.”}

I’d like to share a passage that does an excellent job of illustrating this idea from a book called “How Did I Get Here?” written by my teacher, Barbara DeAngelis.

“Crisis is often the word we use to describe unwelcome experiences or situations that we wish were not happening.

But what does the word actually mean?

I was surprised and intrigued to discover that the original and literal meaning of the word \textit{crisis} does not denote a negative condition, in spite of the fact that this is its common usage.

The etymology of crisis traces the word back to its Greek origins from the root krinein – to separate, to decide, to judge. The Greeks first used the word krisis in a medical sense to describe the turning point in a disease and then to indicate a moment in judicial proceedings when a certain direction is taken. A krisis was a critical juncture, a time of decision.

What feels like a crisis is, in truth, a \textit{turning point}, a moment of judgment, of decisiveness, of transformation, when we have an
opportunity to separate from an old reality and chart a new course.

Each of us is offered powerful moments when life invites us, or perhaps quite dramatically forces us, to stop and pay attention to who we are, where we are, how we arrived there, and where we need to go next.

These often come in the form of dramatic wake up calls, events or circumstances that force us, ready or not, to a face a reality we would rather not face.

It is not the things we want and DON’T get that are the source of our greatest tests and trials – it is the things we do get that we did not want and never expected.”

The last sentence in the passage of the book actually relates to one of my own quotes....

“These often come in the form of dramatic wake up calls, events or circumstances that force us, ready or not, to a face a reality we would rather not face.

It is not the things we want and DON’T get that are the source of our greatest tests and trials – it is the things we do get that we did not want and never expected.”

The last sentence in the passage of the book actually relates to one of my own quotes....

“It’s easy to be strong when everything’s going good... anybody can do that. The true measure of strength is how you handle the times when things aren’t going perfectly smooth.”

So rather than seeing your break up as a crisis, choose to perceive your break up as a challenge; an opportunity for you to learn how to deal with this experience and learn and grow and become a much stronger person.

Instead of seeing your break up as a necessary evil that you have to endure and you’re just trying your best to keep your head above water, choose to see it as a “training ground” for strength.

There’s a great quote by Martin Luther King Jr that says...

“The ultimate measure of a man is not where he stands in moments of comfort but where he stands at times of challenge and discovery.”

So in the wise words of MLK, I encourage you to view this as a challenge and an opportunity for discovery.

I know that it can be really hard at times but it can also be a very positive experience if you simply allow it to be. There are so
many valuable life lessons to learn from the experience that can help you grow and become a better person.

If at times you feel like you don’t know “why things are happening” or you feel like things are taking longer than you think they should... you may be growing in ways that you can’t yet see.

I’d like to share a very old story that does a beautiful job of illustrating this idea.

**The Story of the Butterfly**

One day a man found a cocoon of a butterfly. He saw a small opening in the cocoon. He had never seen a butterfly emerge from a cocoon so he was really intrigued to see the process unfold.

He sat down and watched the butterfly for several hours as it struggled to force its body through that little hole.

Then it seemed to stop making any progress. It appeared as if it had gone as far as it could through the whole, and had gotten stuck. It stopped moving completely.

The man felt horrible for the little butterfly so in his kindness, he decided to help it get free. He took a pair of scissors and snipped off the remaining bit of the cocoon.

The butterfly then emerged easily. But the man noticed that its body was swollen, and its wings were small and shriveled.

The man continued to watch the butterfly because he expected that at any moment the wings would enlarge and expand to be able to support the body, which would contract in time. But neither happened. In fact, the little butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It was never able to fly.

What the man had done in his well intentioned kindness and impatience was fail to realize that the restrictive cocoon and the struggle required for the butterfly to get through the tiny opening was Nature’s way of forcing fluid from the body of the butterfly into its wings.
This would help the wings fully develop, so that once the butterfly achieved its freedom from the cocoon, it would be ready for flight.

For the butterfly, freedom and flight could only come after its struggle. But the man hadn’t known this.

By depriving the butterfly of a struggle and trying to rush it out of cocoon, he unintentionally crippled it, preventing the butterfly from becoming everything it was supposed to be.

We need to have the strength and wisdom not to be tempted to rush through the process and misinterpret what’s actually happening.

We need to know the difference between when we are stuck and when we are simply still in our cocoon.

We need to give ourselves the time to grow our wings so when we emerge from the experience, we will know how to fly.

See, sometimes struggles are exactly what we need in our life. If nature just allowed us to go through life without any obstacles, it would cripple us. Without them, we would not be as strong as we could be and we would never learn how to fly.

This is a great short story that reminds us that everything in life has its own reason and purpose. Sometimes it’s necessary to go through difficult times in order to learn and grow.

It’s not easy to realize this when you’re in a lot of pain but eventually you will see how this experience has opened a new door for you and unfolded a new path; a path of better understanding yourself and others.

Then you will be grateful for the struggle you had to go through because it helped you transform from a caterpillar into a beautiful butterfly.