

The Big Change

the story of a caterpillar resistant to change



Carly Caterpillar was happy....

...That is, until her entire world
flipped upside down!

The Big Change

short story.

Carly Caterpillar led a happy life. Food was plentiful and she enjoyed the company of many friends.

One day she was feeling very sleepy. She made a cozy cocoon, climbed in, and went to sleep.

When she awoke, she felt different somehow. "Wow," she thought. "*I'm really skinny! I must have been asleep a long time.*"

As she crawled out of her cocoon, she discovered all kinds of changes!

One after another, the changes became apparent and Carly was *not* happy at all! First of all, there were these things sticking out of her back that got in the way in tight spaces. Then she had to learn how to walk all over again, with only 6 long, thin legs.

She was also hungry, and took a big bite of a nearby leaf. "*What happened to the leaves?*" she said. "*They taste nasty! And where are all my friends?*"

Sad and frustrated, Carly felt like a misfit in a new world.

And then came the accident!

A sudden gust of wind pushed her off the tree. "*Oh, no-o-o-o-o-o!*" she cried out. Down, down she fell. Then, just as she was sure she was going to plummet to her death, she wiggled her wings and soared! She sailed gracefully around the tree toward the meadow.

There, to her surprise, were her friends! Their bright colors blended in with the abundant blooms of the many flowers, but she was still able to recognize all of her friends.

"*Carly! Taste this lovely nectar!*" they exclaimed. She tasted it and, to her surprise, it *delicious!* She flitted from flower to flower, enjoying the many new flavors.

Then, with her friends, Carly blissfully flew away to new lands. She had many wonderful adventures and realized how lucky she was to have transformed from a plain green caterpillar into the beautiful butterfly she was.



MORAL: Embrace change,
for it brings new opportunities.

The Big Change

personal reflection.

When unexpected changes happen in our lives, our first reaction is often panic. Like Carly, we tend to hold onto the past and resist change, especially if we're content with the way things are. The bigger the change, the more we push against it, making it harder on ourselves in the process.

However, change is inevitable. As we travel on our journey, we must learn and grow, and change gives us a chance to do just that. **Otherwise we would stagnate!**

If you find yourself having a hard time accepting new situations, you may be letting a fear of the unknown stop you from seeing the new opportunities you've been given.

Whenever one door closes in your life, another one always opens. Are you afraid to look inside?

Do you imagine all the bad things that can come of it? What about the wonderful new experiences waiting on the other side?

If you focus on finding the good, you'll be able to take advantage of what's through that open door.

For example, what if you lost your job? Such a change would naturally be devastating, at least at first. But would it really be the end of the world? Have you considered the possibility that the job loss could be the one thing that leads you to the career of your dreams?

You may find another job with higher pay and better benefits, or perhaps it would lead you to start your own successful business. How wonderful this would be!

There are many changes in your life that can lead to greater fulfillment. For example, true love, marriage, and having a child all require drastic changes, and they may be scary at first, but just think of the whole new world of wonderful possibilities!

So embrace change and seek its opportunities. When you do, life will embrace you with its splendor.

Self-Reflection Questions:

- What changes in my life brought new, exciting, benefits?
- Did I resist the differences in my life as these changes occurred?
- How can I develop a more positive attitude about change?