

Stepping Into New Places

Every time you step into something new there are potential threats and opportunities. There is the unknown that may stir up fears within you, and there are the hopes of something worthwhile, else you would be unlikely to venture forward. Stepping into a new space is a new birth and carries vulnerability, the uncertainty and the ignorance of what exists beyond the place you're at. There can be a significant sense of aloneness and fragility like a butterfly emerging from its' cocoon. At such times it is great to be accompanied by true friends, those who you trust and who offer a degree of safety and prior experience as you learn to grow and expand in the new world. And when you cannot find someone to trust, then is a truly good time to feel a strong connection with your own self, and be open to trusting your capacity to cope with whatever may come your way, even if you have little reason to know how you will manage.

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Abstract

Stepping into new places is can be unnerving. Friends can help, but most important is the relationship you have with yourself.

Keywords

Friendship, personal change, relationship with self

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It can be unnerving when the future is unclear

For more information related to themes in this article, refer to: Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.

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