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The "butterfly effect" inside me

Humanity today is involved in all kinds of conflicts. They arise every single day in our lives across the globe, regardless of our nationality or beliefs. Conflicts are an integral part of human existence.

We all know about a type of conflict as old as time...inner conflict. Internal conflict is a complex phenomenon affecting various areas of a person's life. From relationships to professional activities, internal contradictions can have a significant impact on emotional state and psychological comfort. As for me that kind of personal battle is the hardest, because you cannot escape from yourself.

I experienced it. During the COVID lockdown, I was isolated and distanced from my peers due to the pandemic spreading globally. After the lockdown, I had to return to school to learn that a lot had changed. Everyone seemed more connected to their technological devices. While this may seem optimistic, it has also permanently altered social interactions among people. After a pandemic experience, we can't return to who we were before.

I don't have much in common with my peers, but I have to spend most of my time in school with them. It was causing a conflict between us most of the time when we put our ideas on the table. But the most important thing was my inner battle. Sometimes, I felt like I was on a sinking ship with no lifeboat. I asked myself, "Why was I thinking so differently from the others?" "Was it worth trying my best to get along with them?" "Did I have to care about others although they didn't understand how I felt?"...I couldn't accept things as they were. Part of me wanted to keep trying to understand them, while another wanted to distance myself. All these thoughts were racing through my head. I didn't know what to do or how to overcome this private war. The most effective way to win this kind of inner battle is to confront the external factors causing your personal struggle one at a time. And while you're at it, get help from someone you trust. Sometimes, we hesitate to get help because we think we are mentally weaker than the person who is helping us, and we feel ashamed that we need help. This may be the reason we can't overcome our dilemmas easily.

My inner conflict reminded me of the "butterfly effect". The butterfly effect is a concept in chaos theory that suggests that small changes in initial conditions can lead to significant differences in outcomes in complex systems (this concept was first introduced by Edward Lorenz, an American mathematician and meteorologist, in the 1960s). It is the process in which a small, seemingly insignificant, random event, under certain conditions, can cause tectonic changes of a global nature. So, our inner struggles are like those "butterflies" that can change our way of thinking and life in general. The human brain is built so that it is always looking for a

cause-and-effect relationship. The bottom line is that changes in the inner world cause synchron changes in the outer world, like the "butterfly effect".

Inner conflicts provide a new lens through which to perceive and understand the complex interplay of cause and effect. Even the most minor actions can have far-reaching consequences. Sometimes, people are afraid of their internal world, but only there can they find what they are looking for. We, humans, can deeply think and constantly put a new brick to our accumulation of thoughts in our minds every new day.

I don't know what is next on the horizon, but one thing is sure: I'm shining brighter than ever before. I am grateful for the path I have chosen despite its challenges. It has taught me a valuable lesson: You can become someone you work on!

Change when you feel good, not when you feel bad. The path of change will always offer challenges, new and completely unexpected. It is just that the path of change is not easy, not linear, and unpredictable. But even the most negligible conclusions we draw can give us the strength to continue on our way.