

THE MONKEY JAR TRAP

In Southeast Asia many years ago someone developed an ingenious method to catch monkeys alive and unharmed. The “Monkey Trap” they developed was very simple.

The hunter would take a pot with a wide bottom and narrow opening and bury the pot in the ground to where the opening of the jar was just above the ground. In the jar the hunter would place a piece of fruit or nuts, and curiosity or hunger would attract the monkey to reach inside.

The monkey reaches down into the narrow opening of the jar to grab hold of the treat, and as the monkey attempts to extract the treat from the jar, he finds that his fist full of food will not fit through the narrow opening! The monkey, excited and frustrated, may scream out as he continues to hold on to his food... but he will refuse to let go of it.

The monkey sees the hunter approaching but instead of letting go of the food the monkey holds on tighter and tries harder to dislodge its arm and fist of food from the jar.

Would you believe that sometimes people act just like those monkeys?

People get caught in a trap of bitterness or grudges. Someone hurts their feelings and, instead of letting go of the pain, they hold on to it tightly.

Just like the monkey, if we keep a tight grip on those grudges or petty differences, we'll remain trapped exactly where we are, and will never enjoy the opportunities that letting go and moving on might offer...



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