

GENTLE TRANSITION

The Next Possible Feeling

You do not need to leap from grief to joy or fear to confidence. Choose a bridge that feels honest and possible.

1. The feeling that is present

2. What this feeling may be asking for

3. A bridge feeling I can practise

Examples: relief, acceptance, curiosity, willingness, hope, self-compassion.

4. One action that matches this bridge feeling

5. After the action, what changed - even slightly?

