

A Gentle Pause

A compassion journaling practice

A note before you begin

Sometimes what we need isn't more clarity, or a solution, or a plan. Sometimes we just need a place to pause, to notice what's here, and to meet it with a little more care than we usually do.

There's no right way to do this. Move slowly, skip what doesn't fit, or return later.

Step 1 — Arrive

What am I arriving with right now?

Step 2 — What is here

What feels present for me right now? What feels heavy, unsettled, or on my mind?

Step 3 — Why this feels hard

What makes this difficult? What's underneath this feeling or situation?

Step 4 — You're not alone

Where might others feel something similar? What part of this is simply human?

Step 5 — A kinder voice

If I met this with kindness, what might I say?

Step 6 — What I need

What would feel supportive right now? What do I need—just for today?

Step 7 — One small act of care

What is one small way I can care for myself after this?

Closing

You showed up. You listened. You met yourself with care. And that is not nothing.