

# A Gentle Place to Pause

You don't need to know what this feeling is.  
You don't need to fix it.  
You don't need to turn it into anything else.

This page is not asking for clarity.  
It is not asking for healing.  
It is not asking for answers.

It is simply here to give you a place  
where you can slow down for a moment  
and be with whatever is present —  
even if it has no name.



## **Before you begin**

You may want to take one breath.  
Or not.

You may want to sit with this page.  
Or close it right away.

Both are allowed.

There is nothing you are supposed to do here.





## If you feel stuck

You don't have to use these.

They are only here if you want a place to start.

- Right now, my body feels like...
- What feels heavy without needing a story is...
- Something I've been carrying quietly is...
- If this feeling had a shape, it might be...

You can stop at any word.



## Before you close this page

You don't need to take anything with you.

You don't need to finish a thought.

You don't need to feel better.

If you close this page now,  
you haven't failed it.

If you return later,  
it will still be here.



This page is part of the *\*A Gentle Place to Feel\** collection.  
Created as a quiet companion — not a requirement.