The threshold: What has actually changed?

Sometimes an outer change happens before an inner one. You leave the job but still organize your day around its demands. A relationship ends, but you keep imagining what the other person would think of your choices. At other times, an inner change precedes an outer one: you no longer believe in a role you continue to perform.

These mismatches can make change feel unreal. You may ask why you are still affected when the event is over, or why you feel changed when nothing visible has happened. The questions become more useful when they distinguish the event from the habits, relationships, and meanings attached to it.

Bring forward a change you actually lived and look beyond its public headline. Name what changed in practical terms, then notice an attachment, routine, expectation, or sense of recognition that was affected differently. An event can be wanted while some of its effects are difficult to receive. Your relationship with the change may contain several responses with different objects. Giving each an exact place allows you to understand the transition without making one feeling prove or disprove the whole decision.

At the threshold, your task is description. Leave explanation for later. What is different in your day? What is no longer available? What still happens even though you thought it would stop? A precise account can reveal where attention is needed.

Inventory at the doorway

Write under three headings: What changed outside me; what changed in how I see things; what has not changed yet. Include concrete examples rather than broad verdicts.

Which part of the change have other people recognized? Which part feels least visible?