Lost in Liminal Space

Liminal Space is the '*time between things*' — that place between the shock of your loss and the 'reality' where people outside of you are still carrying on with their lives. It is also the place where you may question your existence in the Universe without your loved one standing beside you.

There are aspects of being in this position that are beneficial for a period of time. It is up to you to decide what serves you, what doesn't, and how long you choose each to be a factor.

Some things about being in *Liminal Space* can go from serving you to not serving you — or play both roles simultaneously. Neither is right or wrong. Use the space below to identify those things for your unique situation, along with the names of those you trust to care for you during this time.

What is here that

serves me?

I feel protected from the world.
It's quiet and I can think.

What is here that

doesn't serve me?

I am isolating from everyone.
All my thoughts are sad.

Who can I

trust?