

I'm Just Sitting With You

Nothing needs fixing right now.

There are moments when words feel too heavy and advice feels like another demand.

So I'm not going to ask you to explain what happened. I'm not going to tell you what you should do next.

I'm just sitting with you.

You can be quiet. You can feel everything. You can feel nothing. You can stay for a moment without having to make anything better.

Space to Breathe Therapy

Nothing needs fixing right now

When somebody is hurting, overwhelmed or exhausted, we can be very quick to look for a solution. We search for the right words, the right strategy, the thing that will make the feeling disappear.

But not every difficult moment needs an immediate answer. Sometimes what we need most is to know that somebody can stay beside us without becoming frightened by our feelings, rushing us forward or asking us to turn pain into a plan.

You do not have to solve today while you are sitting here.

Whatever brought you to this page can be here too. The argument. The grief. The overload. The loneliness. The thing you cannot name. The thing everybody thinks you should be over by now.

For this moment:

You don't have to make a decision.

You don't have to make sense of it.

You don't have to reassure anybody.

You don't have to pretend you are coping.

You don't have to find the positive side.

You are allowed simply to be where you are.

You don't have to talk

Sitting with somebody does not always mean talking. Sometimes company is knowing that silence is safe — that nobody is waiting impatiently for you to fill it.

Perhaps you have words but cannot get them out. Perhaps talking would make everything feel too real. Perhaps your thoughts are moving too quickly to catch. Perhaps you are simply exhausted from explaining yourself.

There is room for all of that here.

If you want to write, you could begin anywhere:

The thing going around and around in my head is...

What I wish somebody understood without me having to explain is...

Or leave every line empty. You do not owe this page an answer.

I won't rush you

There can be enormous pressure to move on: to calm down, get back to work, reply to the message, stop crying, make a decision, forgive, recover, be productive or become the version of yourself everybody recognises again.

But your inner world does not work to somebody else's timetable.

You may need five minutes. You may need much longer. You may feel better and then feel it all again. That does not make this moment a failure.

Right now, what would it feel like to remove the rush?

You do not need to force yourself into calm. If noticing your breathing feels comfortable, simply notice one breath arriving and leaving. If that does not feel comfortable, let your eyes rest on something ordinary around you instead.

There is no test here. There is only a little space.

You don't need to be okay for me

Sometimes we hide how much we are struggling because we worry about what our feelings will do to somebody else. We soften the truth. We say "I'm fine." We apologise for crying. We change the subject. We make ourselves smaller.

Here, you do not have to make your feelings easier for somebody else to hold.

You can be angry without turning the anger into a neat lesson. You can be sad without finding a reason to be grateful. You can be confused without deciding what comes next. You can be exhausted without earning the right to rest.

What am I tired of pretending is okay?

What would I say if I knew I would simply be heard?

A message from me

Sometimes there simply aren't words that make things better.

And I think we can put too much pressure on ourselves to find them.

So if you have come here hurting, overwhelmed, angry, exhausted or simply not knowing what you feel, I am not going to ask you to turn it into something tidy.

You don't have to explain it to me. You don't have to make me understand. You don't have to tell me you are okay.

Imagine there is another chair beside you.

No questions. No judgement. No clock ticking. No expectation that by the time you stand up everything will somehow be resolved.

I'm not here to fix you.

I'm not here to rush you.

I'm just sitting with you.

And we can give this moment some space to breathe.

Maggie
Space to Breathe Therapy

If you are in immediate danger or feel unable to keep yourself safe, seek urgent help through emergency services or an appropriate crisis service in your area.