

Knotted Scarf

Knots in a scarf could be compared to difficulties in life. We all have difficulties that we wish to untie, just as a knot in a scarf.

Can you think of a time when you felt knotted or a time that you wanted a situation to be different or get better?



Have you ever done anything that made it worse or tightened the knot? See if you feel brave enough to write a bit about a time you made the knot tighter.

To loosen a knot, we many times need to take a pause, a breath. By pausing a moment, we can recognize we are in a tough situation. The moment of pause allows our brain to soften and open into the possibility of solutions or ways to manage.

Take a few breaths right now. Were you able to soften, and untie the knot? Some knots take more time than others to loosen from the grip. Be kind to yourself in this process.

