

The Foggy Middle



“Confusion is a word we have invented for an order which is not yet understood.”

Henry Miller, American novelist

- Common feelings are emptiness, confusion, and chaos. One day you may feel hopeful: the next hopeless. Nothing seems to make sense anymore.
- This can be the longest, most uncomfortable and most confusing stage.
- It is a time for reflection and experimentation. How did you handle change before? Old habits that are no longer appropriate are replaced by new habits and new routines.
- Crisis forces us to look at our lives from a new perspective, to question our beliefs and view our relationships with friends, family, and the world in a new light.
- Coping mechanisms may include personal retreats, “time-out”, brainstorming or talking things out with a family member, friend or peer.
- The outcome of a crisis is not necessarily bad. If you focus your attention to finding solutions, you will adjust to the changes and remain in control of your life.