

## The Door Script

*A short script for the moments when you've been gone a while and the door looks heavier than usual. To be read aloud or silently when returning feels like it requires explanation, atonement, or a fresh commitment.*

The script:

"I haven't been here for \_\_\_ days/weeks/months. That's the gap.

The door is still open. It always was.

I'm not behind. I'm not starting over. I'm walking back in.

I don't owe an apology. I don't need to recommit. I don't have to do everything tonight.

I just need to be inside the room for a minute.

Hand on chest. One breath I noticed. The practice resumed."

When the breath has happened, the script has done its job. There's no fourth step. The door stays open whichever way you go from here.