

There is a Hole in the Road

I walk down a street I know well.
There is a hole in the road.
I don't see it. I fall in.
I'm confused, maybe a bit angry, and it takes time to get out.
It feels like something that just happens to me.

I walk down the same street again.
I know the hole is there.
And still, I fall in.
I don't really understand why.
There is shame. Impatience.
The question of what might be wrong with me.

The next time, I recognise the hole.
I still fall in, but by now I know: this is my street.
I keep explaining myself.
Again, it takes time to climb out.

One day, I walk down the same street and I don't fall in so easily anymore.
I see the hole.
I pause.
I feel what it does to me.
And I take responsibility for my step.

And then there comes a moment when I choose a different street.
Not because the old one was wrong,
but because I have learned where I kept losing myself.

Short Reflection

For me, this story is not about becoming better or doing it right.

It is about resilience.

About staying present in what keeps repeating, without rejecting yourself.

About the right to exist, even when you find yourself in the same hole again.

And ultimately, it is about your centre line.

The moment you stop fighting yourself and begin to feel where you truly want to walk.

Exercise – A Different Street

Take a few minutes. You don't have to change anything.

- **Recognise your pattern** - In which area of your life do you keep ending up in the same "hole"?
- **Look honestly** - Do you see it happening, or does it feel like it keeps happening to you?
- **Right to exist** - What do you say to yourself when you have "fallen" again? And what might change if you didn't reject yourself here?
- **Your centre line** - What in this pattern truly belongs to you, and what have you been carrying for too long for someone else?
- **Resilience, right now** - Finish this sentence: At this moment, my resilience is that I ...

Maybe this is enough for now

And maybe you sense somewhere inside: this is something I'd like to look at together.

That's possible. Gently. Without pressure.

An online one-to-one session of one hour, with no big plan and no need to "get somewhere." Just an honest look at what's present, with attention, clarity and — when helpful — a bit of perspective.

Because you found your way here, you receive 50% off this session.

The fee is \$45 instead of \$90

Discount code: CENTRELINE

- (Valid for one session. No small print. And no, it doesn't expire tomorrow.)

And just to be clear: you don't have to do anything.

You don't even have to book.

You're welcome if it feels right — and if not, you're free to continue walking your own street at your own pace.

Miek Bekkers

Body-oriented & systemic practitioner

Circle of Resilience

info@miekbekkers.nl

[@miekbekkers](https://www.instagram.com/miekbekkers)