

Week 3: What Your Body Kept Safe for You

Day 5: When You Check Out to Stay Safe

Listen with Tay: Tay will record this day's reading herself.

Scripture: "The Lord is close to the brokenhearted." (Psalm 34:18)

There is a word for what happens when everything gets to be too much and you go foggy, far away, watching yourself from somewhere near the ceiling. Dissociation. It sounds clinical, but what it really is will move you. It is your mind stepping out of the room so your body can survive what is happening in it.

Children do this. It is how they endure the unendurable. As an adult it can look like losing track of time, feeling numb, forgetting a conversation, or going strangely blank in the middle of a hard moment.

This is not brokenness. This is survival brilliance. Your body said, this is too much, let me soften it. If you have ever judged yourself for checking out, lay that judgment down today. You were protecting the most precious thing you had.

Gentle prompt: If you drift today, do not scold yourself. Press your feet into the floor and whisper, I am here now, and I am safe.

Prayer: Father, thank You for the ways I survived what I could not understand. When I drift, be the steady hand that brings me gently back. Amen.