

# Circles



- Does life ever feel as if you're going round in circles? Sometimes a situation – or a conversation – feels as if it's stuck on repeat and going nowhere.
- Apparently, there's some truth in the stories of people who are lost in the woods and keep walking past the same tree; when we're lost, we tend to go round in circles. The same may be true for our inner worlds too, it can be hard to make changes.
- It may be that we're actually on a spiral and it's worth just sticking around and persevering until we get somewhere. It can take a lot of going round in circles to reach a breakthrough.
  - It takes wisdom to know whether we're stuck in a never-ending loop or if there's hope of a solution. Having someone to talk to can help us reimagine and see things more clearly.

***'We are not going round in circles, we're going upwards. The path is a spiral, we've already climbed many steps.'***

Herman Hesse