

# I THOUGHT IT WAS A *Sign*

By Dayna Mason

## A Companion for Readers

*Things that stay with us ask for attention, not answers. - Reid*

### Before You Begin

This is an invitation to pause.

If something in *I Thought It Was a Sign* stayed with you—a feeling, a question, a moment you didn't quite know what to do with—this guide helps you explore what resonated. It isn't meant to explain the story or tell you what to take from it.

It's an invitation to notice what you already know.

### How to Use This in a Group

Choose one section and read it out loud. Pause briefly after reading, then invite people to share what it brought up for them.

Some people will want to talk. Others won't. Both are fine. You don't need to respond to each other or agree. Listening is enough.

There's no right way to do this. It's just a place to notice what's true for you.

### Optional Opening Question

**What stayed with me after reading the book?**

## 1 • Trust Without Proof

Most of us trust ourselves only once things make sense—after we’ve gathered enough information and feel confident that we won’t regret the decision. So we wait. We tell ourselves we’re being responsible. Careful. That we just need a little more clarity before we move.

But often, decisions that matter ask to be made before things feel certain.

*Knowing*, in these moments, isn’t loud or convincing. It doesn’t feel like confidence. It feels more like recognition—something already settled—that keeps returning, even when you try to talk yourself out of it because you can’t justify it.

This knowing doesn’t come with guarantees or a map showing the way. It asks you to move before you feel ready, so we override it with logic and tell ourselves we’ll act once things are clearer. But waiting takes more out of you than you realize. The question doesn’t go away. You keep revisiting the same decision, hoping something will change without you having to choose. Eventually, waiting becomes the decision.

The problem isn’t that you don’t know what to do. It’s that you want reassurance before you’re willing to trust yourself. But certainty rarely comes first.

That sense of knowing usually shows up early—before you’ve thought things through.

It often sounds like this:

*This isn’t right anymore.  
I don’t want this.  
I need to do something different.*

It doesn’t push for attention. It just keeps returning.

It’s a brief recognition that something isn’t right, or that something needs to change—and then the thinking takes over. It’s easy to override because it shows up without explanation or a way forward. So, logic steps in with caution and advice. You tell yourself to wait until things make more sense. The knowing doesn’t disappear—it just gets buried.

Listening means noticing that first moment before you start questioning it. It doesn’t require action—just stopping the negotiation and letting the knowing be there without trying to make sense of it.

Trusting that knowing doesn’t make uncertainty go away. It means moving forward while the discomfort is still there.

## Questions to Sit With

- Where are you waiting to feel certain before allowing yourself to move?
- What do you already sense, but keep overriding with reasons?
- What excuse do you return to when you don't want to choose yet?

## Optional Prompt

Finish this sentence:

*I say I need clarity, but what I really don't want to face is...*

## 2 · Noticing Signs

People experience signs in different ways. For some, a sign feels like communication—something beyond you that touches something inside you, sometimes before you know you need it. For others, a sign may feel like reassurance or a sense of connection.

Sometimes a sign simply marks a moment—a feeling of being seen, supported, or accompanied. Other times, it may confirm something you already sense, interrupt a thought pattern you’ve been stuck in, or give permission to stop dismissing what you know.

This section isn’t about defining what signs are or where they come from. It’s about noticing how they show up in your life and what they stir in you and bring into focus.

Signs don’t require explanation to be helpful. They only need to be noticed.

### Questions to Sit With

- When was the last time you noticed something you considered a sign?
- What was happening in your life at the time?
- What did the sign seem to acknowledge or highlight for you?

### Optional Prompt

Finish this sentence:

*Noticing the sign made me feel ...*

### 3 • Belonging Without Earning

Most of us learned early that belonging comes with conditions: being agreeable, helpful, and easy to be around.

So you learn to adjust. You read the room, say less, and smooth things over. You get good at sensing what's expected of you and accommodating it. But when belonging depends on how you behave, it never feels secure. You're constantly aware that one wrong move could put you on the outside.

This kind of belonging requires constant monitoring. You stay alert and adjust as needed. You give more than you want to—time, energy, understanding—hoping it will keep you included.

And often, it works. You're liked and included. But something else happens: you stop trusting that you can belong anywhere without pretending.

When you stop trying to prove you belong, your relationships change. This doesn't mean you stop caring about other people or how you affect them. It means letting go of the idea that belonging depends on you being someone other than who you really are.

When you show up honestly, as yourself, real belonging becomes possible—and the places where you can't do that become easier to see and easier to leave.

#### Questions to Sit With

- Where do you change yourself to feel accepted?
- What do you give that feels expected rather than freely chosen?
- What might change if you stopped adjusting yourself to belong?

#### Optional Prompt

Finish this sentence:

*I feel like I have to earn my place when...*

## 4 • When Something Has to Change

Trust without proof is about listening—before certainty arrives. This section is about what happens when acting on that listening is delayed.

The knowing showed up before, as an early sense that something wasn't working. You kept noticing it, then explaining it away. You told yourself it wasn't the right time. That you needed more clarity.

But there comes a point when waiting hurts more than making a change. When something *must* change, it's no longer subtle.

It may sound like:

*I can't do this anymore.*  
*This isn't working.*  
*This has to change.*

When you listen to the knowing and act earlier—even imperfectly—you often don't reach this point. Change happens before it becomes unavoidable.

But when the knowing has been postponed long enough, this moment arrives.

You may still feel unsure, conflicted, or afraid, and not know how to move forward. But staying the same no longer feels possible. When something must change, the internal debate is already over. Something has already ended. The only thing left undecided is how long you delay acting on what you already know.

### Questions to Sit With

- What no longer feels like an option in your life?
- What decision do you keep making—and then unmaking?
- What are you still hoping will work itself out?

### Optional Prompt

Finish this sentence:

*I knew it was over / true / time when...*

## 5 · Choosing Yourself

Choosing yourself is often described as a breaking point or a line in the sand—a moment where you finally stand up and declare what you will no longer tolerate. More often, it's an internal decision you make, before anything changes on the outside. A clear sense that you're done arguing with what you already know.

We avoid choosing ourselves because we assume it will disappoint people and require explanation. So we delay. We negotiate with what we know and soften the truth until it feels less disruptive.

But choosing yourself doesn't have to be aggressive. It doesn't require cutting people off or blowing things up. The fear of what might happen is often worse than what does. Sometimes nothing happens. Sometimes relationships adjust. Sometimes they don't. What does happen is you stop abandoning your own experience to keep the peace.

It's choosing honesty over comfort—internally.

When you make that shift, behavior follows. You stop over-explaining. You stop agreeing to things that don't sit right.

Choosing yourself is about no longer betraying your own wants and needs.

### Questions to Sit With

- Where are you staying quiet to avoid discomfort?
- What truth have you already accepted internally but haven't honored yet?
- Where are you choosing peace at the cost of your own honesty?

### Optional Prompt

Finish this sentence:

*I override myself when...*

## 6 · Being Here Without Apology

Many of us treat our lives like a placeholder.

We say things like:

- *This is just for now.*
- *I'm still figuring things out.*
- *I'll do that once \_\_\_\_ happens.*

We treat the present like a stopover on our way to somewhere else, instead of letting ourselves be fully here.

We apologize for where we are, what isn't finished, and what we haven't figured out yet.

But life keeps unfolding right where we are. In imperfect circumstances. In versions of ourselves that are still changing.

Being here without apology doesn't mean you stop wanting more. It means you stop dismissing what's already happening and stop waiting for an imagined version of your life to begin. It's choosing to stand in your life now instead of hovering outside it, half-committed, just in case. It's letting your current life speak for itself instead of constantly qualifying it.

You still want things to change, but you stop acting as if your life doesn't count until they do. Your attention stays with your life, not a future you're waiting on.

### Questions to Sit With

- What do you regularly explain or justify about your life?
- What are you postponing because you think it belongs to a later version of you?
- What would you do today if you weren't waiting on a future version of your life?

### Optional Prompt

Finish this sentence:

*I treat my life like a placeholder when...*

## 7 • Letting Life Meet You

Letting life meet you doesn't mean doing nothing. It means noticing when your actions are coming from fear instead of trust—when you're trying to stay ahead of disappointment instead of responding to what's actually happening.

When you stop pushing for a specific outcome, something changes. You still make choices, but you stop trying to control every step. You allow room for things to unfold naturally.

As managing outcomes steps back, attention steps forward. You begin to notice what fits and what doesn't. What feels heavy because it's being forced, and what feels lighter because it isn't. A missed turn may make another option irrelevant. A conversation or invitation may answer a question you were still trying to decide. Timing may shift, and what felt urgent no longer does. When life unfolds this way, some decisions stop needing to be made at all, and the ones that remain become clearer without being forced.

Letting life meet you isn't about giving up control. It's about recognizing when control has become a way of protecting yourself—and choosing attention instead.

### Questions to Sit With

- Where are you trying to manage an outcome instead of responding to what's happening?
- What effort in your life feels heavy or strained?
- What are you afraid will happen if you stop pushing?

### Optional Prompt

Finish this sentence:

*If I stopped forcing this, I would...*

## **An Unfinished Ending**

There isn't a finish line to reach.

Our lives move forward in parts—through decisions, pauses, course corrections, and stretches that don't make sense until later.

Being unfinished isn't a problem to solve. It's the condition of being alive.

What matters is how you show up where you are. Whether you treat your life as something to live, or something to get through.

You don't need to be sure, have answers, or know where this leads to move forward. You just need to stay present to what's here now, because this moment is your life—not a placeholder for a better one.

And that is enough to keep going.