

PROMPTS FOR FINDING THE WISDOM OF THE IN-BETWEEN

THE LIMINAL COMPASS

What are Prompts for Artistic Expression?

I'd like to invite anyone who lives in-between: between cultures, neurotypes or states of health to explore. Explore the spaces in-between the categories others put you in. I don't call them writing prompts because they're not. They are a jumping off point to feeling. We're humans, in these bodies, and we're here to feel. This is your invitation to feel today. To be human, if only just for a moment.

- **Spark Creativity:** Overcome creative blocks and discover new ideas.
- **Deepen Self-Awareness:** Get to know your authentic self beneath the day to day noise.
- **Embodied Practice :** Establish a consistent creative outlet, one that moves stuck emotion.
- **Create Connection:** Channel your emotions into a creative practice that can be witnessed.

Understanding the Masks

I'd like to invite anyone who speaks multiple languages as a neurodiverse or neurotypical person, to consider some of these artistic expression prompts below. Look beneath the performative persona you play, look deep within. These are not writing prompts – they are a jumping off point to feeling. Because ultimately, we're humans, in these bodies, and we've been put here to feel. This is your invitation to feel today. To be human, if only just for a moment.

1. What parts of me don't fit into standard categories?
2. What have I stopped naming because it doesn't have a category?
3. What would I do differently today if I stopped trying to "fit"?
4. How can I feel truly myself, even in places that aren't built for me?
5. What does it mean to be liminal?

Next Steps

Gently explore the space between who you are and who you communicate to the world. Give it space to express itself even after this is over. Are there any more realizations that come? Is there a pattern you've noticed that you want to break? If you're ready to go deeper, [get in touch](#). Let's explore the wisdom of the in-between together.