



The Myth of Permanence

A Therapeutic Model developed by Phillip Bass of Trinitas Services

What joy are you postponing until you get there?

The **Myth of Permanence** is the unspoken belief that things are supposed to stay the same. It reaches us in two damaging forms. The first is the belief in a **one-time fix** — the right job, relationship, routine, or insight that will settle things once and for all, after which we can stop tending and coast. The second is its cruel companion: the belief that **if we cannot stay fixed, we have failed**. Both are false. Nothing holds still — not our needs, our circumstances, the people around us, or the balance we work to find. Falling out of balance is not a verdict on who you are. It is **information**: a signal that the ground has shifted and it is time to rebalance.

Using this worksheet

1. In each row, name something you have been **putting off** — a trip, a rest, a friendship, a creative thing, an honest conversation — because you are not there yet.
2. Name the condition you have quietly attached to it: *not until I...* Then name the **joy that is on hold** while you wait for that condition to arrive.
3. In the last column, answer this: what is **one thing you are willing to change** to find that joy?

What I am putting off	Not until I...	The joy on hold while I wait	One thing I am willing to change
1. ♦ <i>the thing you keep moving to next year</i>			
2.			
3.			
4.			

What the waiting costs

Play deferred is not saved up. It is spent — on a someday that never arrives. The condition you are waiting on will be replaced by another one, because there is no finished self to arrive at.

Looking at the list above, what has this waiting already cost me?

What am I claiming this week — unfinished, unearned, and now?

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

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