Questions for Transitions

A companion sheet to the notebook, for the time when something ends and what comes next has no name yet.

To the notebook For Transitions, with lines and drawings from When the Angel Stayed

Six lines from the illustrated novella, two for what is ending, two for the time in between, and two for what is beginning. Each comes with a question you can take into the notebook. Take what feels right now, and leave the rest.

It is free and asks for no address. What you do with it stays with you.

BENJAMIN DIO SONNLEITNER

ONE · WHAT IS ENDING

“What is abandoned does not automatically become free. Sometimes separation is a prison at first.”

What in your life is coming to an end right now, even if you are not ready to say it out loud? And how do you notice that it is still holding on to you?

TWO · WHAT IS ENDING

“I miss you.
But I miss myself too.”

What do you miss when you think about what is ending? And how much of that is you, something of yourself you lost sight of along the way?

THREE · IN BETWEEN

“What the will banishes does not disappear.
It waits at the threshold until the body lets it in.”

How does this time feel in your body? What is waiting at your threshold that you have not yet wanted to let in?

FOUR · IN BETWEEN

“We can cling to healing, too.”

Where are you trying to be done sooner than you can be? What would change if this time were allowed to last a while longer?

FIVE · WHAT IS BEGINNING

“What must happen for me to be allowed back there? What might happen now that I no longer have to go back?”

Ask yourself both questions, one after the other. Which one have you asked more often so far? And what does the second one answer?

SIX · WHAT IS BEGINNING

“I do not have to return merely because I could.”

Where does something pull you back only because the way is familiar? And where would you go if you did not have to return?

TO FILL IN

What I take with me

A page for the middle of a transition. You do not have to fill it all at once; some of it you will write today, some of it in a few weeks.

WHAT IS ENDING

WHAT I TAKE WITH ME

WHAT MAY STAY WHERE IT WAS

ONE SMALL NEXT STEP

AFTERWORD

The time in between

Transitions rarely have a clear beginning. Often we only notice afterward that something has come to an end, and what is new shows itself slowly, sometimes against our will. In between lies a time we hardly have words for. It feels like waiting, and yet more happens in it than we can see.

For many years I have accompanied people through difficult times and transitions. What I have learned there is not spectacular: a transition rarely becomes easier when we get it behind us faster. It becomes easier when someone stays. Sometimes that is another person, and sometimes it has to be us.

That is why these questions are not exercises that lead to a goal. They do not want to solve anything. Take one, not all of them, and write whatever comes, even if it is unfinished. What you cannot answer may stay open. In a transition, open is not a lack. It is the state in which something new can find room at all.

And if a transition overwhelms you, do not stay alone with it. Talk to someone you trust, or look for support. At findahelpline.com you can find help in your country.

Dio

I have not returned to become who I once was. I have returned to be here at last. That is how the illustrated novella ends. What comes in between, you write.

BENJAMIN DIO · THE COMPANION SHEET

Questions for Transitions
To the notebook For Transitions
Vienna, November 2026

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The quoted lines are taken from When the Angel Stayed. More about the book and the work it grows from is at benjamindio.com.

This text is for reflection and self-education. It does not replace psychotherapeutic, psychological, medical, or psychiatric advice or treatment.

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