

# Should I take the trip?

## A 5-minute gut check when life's gone a bit sideways

You don't need another pros and cons list. You don't need someone telling you to "follow your heart."  
You need to work out one thing: **Is this the right move for you - right now?**

Because travel can be:

- Exactly what you need
- Or a very expensive way to avoid something

Sometimes both.

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### Before you start:

This isn't factoring in:

- your finances
- whether you can actually take leave
- what's happening in the world
- family or work responsibilities

You still need to use common sense.

This is just to help you consider, "Is taking a trip the right move for me right now?"

**Quick rule:** Don't answer how you think you should feel. Answer what's actually going on.

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### A quick check-in:

1. ***If nothing changed in the next 6 months, how would you feel?***

- Relieved
- Fine
- Quietly panicking

2. ***Are you trying to escape something... or create space?***

- Escape = "I don't want to deal with this."
- Space = "I need distance so I can deal with this."

They look similar. But they're completely different.

3. ***What are you actually afraid will happen if you go?***

- I'll be lonely
- I'll feel stupid doing this at my age
- I'll waste money
- I'll realise something I can't ignore

4. **What are you afraid will happen if you don't go?**

- Nothing changes
- I stay stuck
- I keep putting myself last
- I regret not doing it when I had the chance

5. **Right now, do you need comfort... or a circuit breaker?**

- Comfort looks like:
  - staying where things feel safe
  - familiar routines
  - low risk
- A circuit breaker looks like:
  - change
  - space
  - interrupting the pattern you're in

Neither is wrong. But they lead you in very different directions.

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## The 3 Paths

Read this and be honest with yourself. You'll probably recognise yourself more in one of these. And don't overthink it. If you're not sure, read them again - the one you resist slightly is usually the one.

### ***"I need a circuit breaker."***

You're restless, potentially overthinking everything and feeling like your life isn't quite yours.

You don't need more time to think. You need a shift.

**Go.** But don't overcomplicate it. Book something simple. Go somewhere easy.

### ***"I'm exhausted and need space."***

You're drained, emotionally cooked, and not feeling like you're firing on all cylinders.

You don't need a big reset. You need breathing room.

**Go.** But keep it small. A few days is enough. Choose somewhere calm. Keep expectations low.

### ***"I'm avoiding something."***

You're just hoping a trip will make it less real. It won't.

**Don't go.** Not yet. Deal with the immediate thing first, then go from a clearer place.

## One last thing

Travel doesn't fix everything. It won't suddenly turn you into a different person. But it can give you breathing room, shift your perspective and remind you there are other ways to live.

Sometimes, that's enough to change what happens next.

## If you're thinking about doing this

Don't make your first trip impressive. Make it easy. Make it right for you.

Book your first couple of nights only.

Expect a wobble around day 2 or 3.

You're allowed to come home early.

**Be honest about what you actually need right now.**

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