

Inquiry Questions – Part 1

1. Name a pattern that continuously shows up for you. Write down how it works mentally, emotionally, physically and circumstantially.
2. In what way are you identified with it? For example, what story do you tell about what this means about “you,” or how does the pattern relate to who you think you are, or think you should be, etc.
3. What if it isn't about you at all? What if you don't take it personally?