

## Inquiry Questions – Part 2

1. How do you identify with the physical body? E.g. I am ugly, I am overweight, I am old, I am a woman, I am a man..... etc.
2. How do you identify with the emotions? E.g. I am afraid, I hate myself, I am an angry person... etc.
3. How do you identify with thoughts? E.g. telling yourself a story about yourself and believing it.
4. What if in this moment you don't identify with your emotions, your body or your thoughts? What's that experience like?