

SELF-REFLECTION Q&A

What emotion am I feeling right now?

Where in my body do I feel this emotion?

If this emotion could speak what would it say?

What part of me is speaking? (Child, Critic, Caregiver, Wise one, Hero etc.)

What kind self-talk will help soothe it or acknowledge it?

What memory might this be linked to?

Notice who is observing it? Sit with it.