

QUESTIONS FOR REFLECTION

Personal Change: When You Want To Get Unstuck or Want a New Direction



This is not a questionnaire. There are no right or wrong answers. Let yourself respond from your heart and your gut; you cannot get off subject. If additional thoughts, questions, doubts, or ideas occur to you, be sure to include them. Anything that produces strong emotions, even if you don't understand them, is especially useful.

It is best to write down your answers and keep them in one place. It works well to write down your first responses, then come back to the questions over the space of a day or two. Once your first thoughts are written down, additional reactions will bubble up from within you.

For now, set aside doubts about what is possible. The important thing is to collect your thoughts, which will greatly help you recognize what you really want. It is fine to just jot down some words and phrases that are meaningful to you, without trying to edit or write full sentences.

These questions are about you, so they are about your whole life, from childhood to now, and about your personal, leisure, social, and work time.

- When do you have the most energy? What are you doing? Where are you? Who else is involved?
- What do you learn most easily? What comes naturally to you?
- When are you most satisfied with what you are doing? What is happening at those times? What are you doing? Where are you? Who else is involved?
- What would you like to stop doing? What activities have become boring or unpleasant for you?
- What kind of people do you like to be around? Who would you prefer to avoid?
- What feels risky to you? What are you afraid might happen if you make new choices?
- When are you most relaxed? What are you doing? Where are you? Who else is involved?
- What would you do if you knew you could not fail?
- What do you keep thinking about? What would you really love if you knew how to make it happen?



Spend some time with these questions and your answers. They will be useful to you whether or not you choose to work with me. When you are ready, email me or call me at 415-346-6121.

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A handwritten signature in black ink, appearing to read "Deborah" with a stylized flourish.

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