



grow a healthy soul

## The power of asking yourself questions

The goal of this exercise is to discover your subconscious thoughts and emotions.

Often we are feeling stressful or even experiencing physical pain, but we do not know the exact reason behind it.

However, the body keeps the score. It is in there somewhere and by breathing deeply (exercise 1), you have opened up the mind-body connection in a strong way.

So, immediately after doing the breathing exercise, start asking yourself the following questions (next pages).

Then listen to the response your own body gives you, without judgment.

Write down these responses in a journal or note.

Attention: This exercise may draw up uncomfortable emotions. Try and choose an environment where it feels safe to have an emotional response.



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## START

Sit down in a comfortable position.

## GUIDED QUESTIONS TO ASK YOURSELF

Become fully still. Let any remaining thoughts and feelings pass through you and leave you.

Then reach deep inside and ask:

Q. Body, what do you want to tell me? What emotions are you feeling most strongly right now? Is it anger, fear, guilt, shame? A mix?

Wait for a response.

Do not attempt to answer with your rational mind.

Whatever it is, call it by its name.

Label it for what it is and bring it into the light.

Now, try leaning into that emotion. Allow it to rise up within you and be expressed.

Then ask your body:

Q. What situation in my life is responsible for this feeling? What people? Experiences? Interactions?

Wait for a response.

Do not attempt to answer with your rational mind.



Whatever the answer may be, do not judge the feelings or the reason they are there.

Try to witness them as an outsider.

Now, go one level deeper.

Ask your body:

Q. Are these emotions truly at the root? Or is there something buried even deeper? Is there guilt underneath the anger? Anger underneath the fear? When you get to the core emotion, what is it?

Take a long deep breath and acknowledge that you have these feelings and that they have influenced you.

Thank your body for sending you this message and allowing these feelings to come to light.

Then gently lay them to rest.

Breathe deeply as you do this.

Take time to journal your reflections, feelings and revelations.

Take a break and come back to this question list another time.

More on next page.



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## MORE QUESTIONS

These questions are in no particular order.  
You may choose to focus on only 1 or 2 questions at a time.

Quality, not quantity, is the key here.

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Q. What do you take credit for?

Q. When you praise yourself, what is it typically for?

Q. What did your parents praise you for? How did that make you feel?

Q. List some things you could praise yourself for, but rarely do. Why don't you?

Q. What is your biggest fear?

Q. How much do you focus on this on a day-to-day basis? Why do you suspect you focus on this so often?

Q. Does this fear, or any others, inhabit you from doing something you want to do?

Q. Do you avoid facing or dealing with this fear?

More on next page.



## MORE QUESTIONS

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Q. What typically gets you stressed most often? How does it happen? And why?

Q. Zoom in on the word 'stress'. What word is behind it? What does that mean to you?

Q. Who or what tends to make you feel guilty? How do you respond to this guilt?

Q. Does feeling guilty lead to other emotions such as sadness or anger? Elaborate.

Q. What makes you feel anxious or trapped?

Q. Has this feeling been something you've dealt with before?

Q. When you are excessively self-critical, what is it about?