

# Seven Questions for Reflection

Pause. Listen. Make room.

Choose one question that draws you in. Write what comes up, without editing,  
without judging.

If an emotion arises, let it be there. That is part of the process.

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1

**What is living inside me right now, still waiting for permission to be heard?**

*It doesn't need to be perfectly formed. Just give it space.*

2

**What is waiting for me on the other side of the fear?**

*You can sit with the question without answering it right away.*

3

**What story keeps repeating inside me, and what if it isn't entirely true?**

*Where does this story help me see more clearly, and where does it keep me small?*

4

**Whose approval am I waiting for, and what would happen if I gave it to myself?**

5

**What does my body already know that my mind isn't ready to hear?**

*Pause for a moment. Place a hand on your belly. What is there?*

6

**If I could meet the hurting part of me with gentleness, what would I want to ask it?**

*You don't have to answer. Just ask. Sometimes the question itself is the healing.*

**What would I want to say to myself at age eight, if I could sit beside me for just a moment?**

*Take your time with this one.*

**You don't have to finish. You can come back to these questions tomorrow, or in a week.  
Whatever came up belongs to you.**