



5 Questions to clarity

Before You Begin

Welcome. What you're about to explore is a gentle conversation with your inner world - not a test to pass.

This is not about 'fixing' yourself.

It's about noticing what's already here, with kindness.

You might feel:

- **Numbness** (a wise protection)
- **Frustration** ("Why can't I 'do' this?")
- **Overwhelm** (old wounds stirring)
- **Nothing at all** (that's okay too).

Honour your limits:

- **Tap out anytime.** If your body says "*no more*," STOP. Place a hand on your heart, feel your feet on the floor. Breathe. You're in charge.
- **Numbness is data.** If you feel disconnected, say: "*Something in me needs stillness*." That's profound awareness.
- **No forced answers.** If a question lands blankly, skip it. Return later - or never.

Afterward:

- **Be slow.** Don't rush back into life. Sip water, stretch, stare at a leaf.
- **No self-attack.** If judgment arises ("I failed"), whisper: "*Even this belongs*."
- **Integration > Insight.** A tiny shift in sensation matters more than a grand revelation.

You're not alone. Trust your body's pace.

Begin when ready."



Your 5 Self-Guided Inquiry Questions

1. What was the first thing I felt in my body?

When something set you off - even something small - did your body react?

- A tight chest?
- A lump in your throat?
- Numb, like nothing's there?

You don't need to fix it. Just notice it.

2. What part of me needed to feel safe in that moment?

Sometimes a reaction is just one part of you trying to protect you.

Maybe it's:

- The younger part of you who didn't feel heard
- A part that's scared of being let down again
- Anger that shows up to keep you from feeling hurt

If you're not sure, just ask gently inside: *'What are you trying to protect me from?'*

3. What 'story' was I telling myself in that moment? *the word story is not meant to dismiss your experience.

This one's honest.

What was going through your mind?

- 'No one cares.'
- 'I always mess things up.'
- 'I'm being judged.'

Just name it, naming it is powerful.



4. Who would I be without that story?

If you didn't believe that thought - even just for a breath -

how would you feel?

- Maybe... calmer?
- A bit more open?
- Like something inside just let go?

You don't need to force a good feeling. Just notice what shifts.

5. What's here when I don't chase thoughts or fight feelings?

Underneath the chaos - thoughts, emotions, the noise -

is there something still there?

Even if you feel numb, just sense into that quiet space.

That's still you.

Remember:

- You don't need to answer every question.
- If it's too much, stop. That *is* self-care.
- You're not broken. You're learning how to listen differently.

Let your own pace guide you. That's where healing begins.

Feel free to share with us privately if it helps, we will always respond.