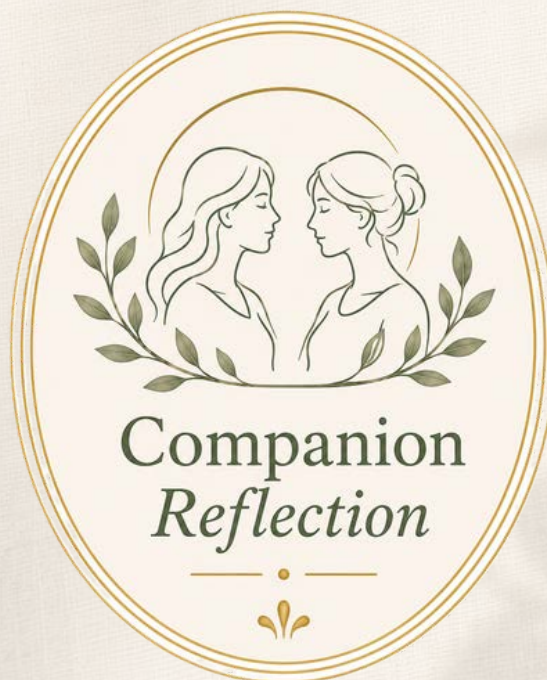


A Different Question

A Companion Reflection

Sometimes the most powerful change
isn't finding a better answer.

It's learning to ask a different question.



Debbie
Bullivant



Before we begin...

Many of us have spent years asking ourselves questions like:

"Why can't I get this right?"

"What's wrong with me?"

"Why do I always react like this?"

Questions shape the answers we find.

Today isn't about finding the perfect answer.

It's simply an invitation to become curious.

For the next few minutes, see if you can notice what happens when you replace judgement with gentle curiosity.

There is no deadline for understanding yourself. You are allowed to take your time.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. At the start of each line on the left side, there is a small, faint square mark, resembling a checkbox or a bullet point. The paper is otherwise blank, with no text or other markings.

Five different questions

Instead of asking...
How do I stop feeling like this?

Try asking...
What am I feeling right now?

Instead of asking...
What's wrong with me?

Try asking...
What might my nervous system be trying to protect?

Instead of asking...
Why can't I just get over this?

Try asking...
What has this feeling learned over the years?

Five different questions ... Continued

Instead of asking...

Why do I always do this?

Try asking...

When have I felt something like this before?

Instead of asking...

How do I fix myself?

Try asking...

What would help me feel just a little safer in this moment?

Notice...

None of these questions ask you to judge yourself.

They simply invite you to **understand yourself**.



Something to remember

Curiosity doesn't make difficult feelings disappear.
It makes them easier to understand.
And understanding creates something many of us have been missing.

Space.

Within that space...
new possibilities begin to appear.

A quiet reflection

The next time money feels heavier than it should...

Pause.

Take one slow breath.

Then simply ask yourself...

"What if this feeling isn't here to fight me?"

Stay with the question.

You don't need to rush towards an answer.

Sometimes understanding begins long before certainty arrives.

There is nothing you need to solve before you become worthy of understanding yourself.