



What am I thinking and feeling

- What's on my mind?
- Which emotions am I feeling?
- What physical sensations am I having?

What am I hearing?

- What are friends and family saying?
- What am I hearing in the news and media?
- What's the gov't's message?

What am I saying?

- What am I telling myself?
- What am I talking about with others?

What's my gain?

- What's the most important thing to me?
- What really matters?
- What do I need?

What's my pain?

- What's really getting in the way of what I need?
- What are my obstacles?