

Self Questions

What is my sense of self; am I able to feel whole, solid, complete in a moment with myself

Is my sense of self damaged by shame

What is my connection to my body, do I take care of my physical self

What is the nature of my emotional experiences, are they too severe or cut off/repressed

How do my emotions feel in my body

What is the nature of my thoughts and beliefs about myself, others and the world

What are the different aspects of myself/my personality (archetypes)

How do I treat others, what are my views on respecting others, what are my relationships like

Am I able to regulate maintenance in different areas of life

What pain is residual that I can still connect to

How am I balancing the current issues in my life

Is there a part of reality that I struggle to accept

What makes me feel most alive and most myself

Do I have meaningful work or an avenue for purpose

What are my values and are they meaningful on a deeper scale

Do I experience respect and decent status in society

Am I connected with nature

Do I have hope in a secure future

Do I have an avenue to create

Do I laugh enough, what makes me laugh

Can I be playful

Is there a way I serve or care for others

What gives me comfort

How do I most feel loved

How are my Psychological Needs being met

- Love & Belonging
- Significance
- Safety & Security
- Stability/Change

- Encouragement
- Freedom
- Fun
- Learning
- Power/Skills/Mastery
- Social Contribution
- Growth/Development

Self Reflection

- What serious romantic relationships have I been in, what have been the important parts, personality pieces (mine and theirs)... looking for patterns
- What are my archetypes (and my partners if relevant), how coherent am I operating and moving between different parts of my world, do I accept all pieces of myself
[see archetypes pages]
- What are my inner and external resources
- How can I find delight, noticing pleasant, happy, enjoyable things from the smallest to the biggest
- How do I practice or participate in mindfulness
- Body sensations are physical (I have to pee, I'm hungry, tired) in nature, and or emotional (when I'm anxious I notice my stomach is in knots). What body sensations do I feel at any given time. Excellent meditation can be purely noticing body sensations
- What are my core beliefs about myself, the world and other people
- What do I value... in experiences, personality characteristics, people/places/things...
- How do I value myself? Do I participate in self abandonment or have compassion for myself
- How do I experience my gender and sexuality
- How do I handle negative emotions, what difficult things have I gone through and how did I manage
- What are facets of my personality
- How do I balance negative and emotional thoughts

- How do I accept reality, move on and “forgive” (let it go)
- How am I doing in my relationships: Parents, Partner, Children, Friends/Community... How am I doing with other main areas of life: Work or School, Hobbies, Home, Home Office (money, insurance, taxes etc)
- What was taught in my family of origin, what were the values, emotional behaviors and impact of my family growing up
- What is my concept of spirituality or having meaning and purpose
- What have been my major areas of struggle, pain, loss, trauma
- How am I self aware, what are my strengths and weaknesses, how do other people view me - both friends, family and strangers, what are my quirks
- What are my life passions
- What have been the significant events/experiences in my life
- What is my connection to my body
- How am I healthy and unhealthy
- What are my best memories, happy/safe place (real or imagined)