

Questions for Self-Reflection

What does that mean to you?

How is that working for you?

Are you getting what you want?

Does it feel like you are doing the same thing over and over?

Do you feel better or worse?

Do you have an urge to change?

Is it helping you get what you need?

Would you want more of that?

Would knowing that be helpful?

What does that mean to you?

Which is more important to you?