



- Do you have any “looping” or repetitive thoughts throughout your day?
- Are there “patterns” in your life that you seem to repeat? Any addictions?
- Do you have relationship patterns with others that you seem to replay over and over again?
- Do you remember your dreams? Are they pleasant or disturbing?
- Do you replay arguments or conversations with others in your head repeatedly?
- Are there yearnings or dreams or goals that you have in your life that are yet unrealized?
- Do you have a “direction” in your life that is fulfilling? Or, do you seem to spend a lot of time pleasing others or working towards other’s ideas or goals?

- Do you have abundant joy or passion in your life? What brings you joy? Are you missing joy?
- Do you love your job or career or would you like to do something different?
- Do you need help making a decision about something like what job to consider or if you should move house?
- Do you have a great interest or curiosity about any specific subject in your life in which you would like more information?
- Are you working on a skill or talent and would like to expand that skill or talent?
- How would you like your life to be different than it is right at this moment?