

Reflection Questions

These questions are designed to help you reflect back on some of those childhood stories that keep playing over and over again. Take some time to reflect when you are feeling neutral and ask yourself the follow questions:

1. Are you waiting for someone to say sorry? If so, what will that sorry change, and why are you needing it?

2. What does "Sorry" mean? Does it mean that someone is paying attention to you, or does it mean you are ready to deal with the source of the issue and make a change?

3. When you recognize that you have done something out of character of your true self, how have your actions and reactions been serving you?

4. When repeating stories and childhood behaviour, why do I keep doing this?

5. Looking at those stories that keep repeating, ask yourself "Why am I expecting other people to be responsible, or expecting a different response or outcome from the same story?"

6. What action steps can I put into place to help change this repeat story?

7. Why do I keep wanting the same outcome, situation, or relationship?

8. Why do I keep behaving, acting or responding in this way?
