



- *Do I really know what sets me up to see, feel, act, and react in the ways I do?*
- *Do I know who I am when I am thinking, feeling, and acting the way I do?*
- *Do I know who the other person is, whom I profess to care about and love or profess not to care about and hate?*
- *Do I know what is actually going on in this actual, impossible situation I find myself in?*
- *How can I live my truth, presumably a good thing, without this self-knowledge?"*