



“A Different Way of Looking ”

a Guided Reflection

with Dr. Adrian Campbell

I hope you enjoyed the guided audio experience and that it offered you a moment to pause, breathe, and connect with yourself in a different way.

Below are a few reflection questions to help you continue the conversation. There are no right or wrong answers, and you don't need to answer every question. Simply notice what arises with curiosity, and trust that whatever is present is enough.

Reflection Questions

- What stood out to you during this experience?
- If your symptom, feeling, or sensation had something to share with you, what might it be?
- What did you notice when you stopped trying to fix, change, or get rid of your symptom, struggle, or pattern?
- What would it look like to continue meeting yourself with curiosity instead of judgment?
- What might be worth paying attention to over the next few days?

If you'd like to keep exploring these ideas, I'd love to welcome you to The Energetic Psyche, my free online community on Skool.

<https://www.skool.com/the-energetic-psyche-1102>