

# Integration Questions



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- What things did I see and experience on my journey?
- What patterns were repeated throughout my journey?
- What parts of me did I let go of? Any parts of me that died?
- What doesn't serve me anymore?
- What fulfils me?
- Is the narrative I am telling myself true?
- What kind of person do I want to be?
- What stood out most to me during the journey?



# Integration Questions

- Were there any moments that felt particularly profound or emotional?
- What surprised me?
- What emotions surfaced during the experience?
- Were there any new perspectives on past or present emotions?
- What feelings felt most intense, difficult, or unexpected?
- How did those emotions feel in my body? How do I make sense of them?



# Integration Questions

- Did I encounter any symbols, visions, or metaphors? What do these represent? How do I interpret them now?
- What was confusing or overwhelming? What do these moments teach me?
- How can the insights from my journey support me in everyday life?
- What small actions or practices can help me stay connected to this experience? How can I nurture this awareness?
- How can I gradually change my life to live according to my values?

