

# Conflict Transformation & Questions to Ask Ourselves:

## QUESTIONS:

1. Do you know or understand yourself?
2. What are you afraid of?
3. Are you afraid of being alone?
4. Where do you live? Do you live in the past, future or in your head?
5. Do you argue? And do you want to be right?
6. Why do you argue?
7. How do you know you are right in an argument or a discussion? Is there a need to make sure that you are right?
8. Do you smile? How often in a day? Is it too much effort to smile?
9. Do you understand or know your temperament?
10. What is the state of your body? Is it healthy? How do you define health? And a healthy body.
11. Where do you look for your problems? Where the problem lies? Or end up looking away or some where else?
12. What are you attached to?
13. Are you open to new ideas?
14. Are you open to all the possibilities available to you?
15. What is your psychological health?
16. What is your emotional hygiene and health?
17. How do you take care of your mind? Your mental health?
18. Do you wish to be fulfilled or you wish to make your life further difficult.