

5 WHY'S FOR YOUR SOUL

1. Start with what's closest to the surface.
2. Follow what "lights up."
3. You're on the right track when you're getting to feelings you don't want to say out loud.
4. The goal is finding out what is going on inside of you, NOT who else is to blame.

WHERE AM I TODAY? WHAT AM I FEELING?

1. WHY DO I FEEL _____?
BECAUSE....

2. WHY IS IT SCARY THAT _____? WHY AM I AFRAID OF _____?
WHY IS IT PAINFUL THAT _____? WHY DO I THINK _____?
WHY DOES THAT MAKE ME _____? WHY DO I FEEL _____?

BECAUSE....

3. WHY IS IT SCARY THAT _____? WHY AM I AFRAID OF _____?
WHY IS IT PAINFUL THAT _____? WHY DO I THINK _____?
WHY DOES THAT MAKE ME _____? WHY DO I FEEL _____?

BECAUSE....

4. WHY IS IT SCARY THAT _____? WHY AM I AFRAID OF _____?
WHY IS IT PAINFUL THAT _____? WHY DO I THINK _____?
WHY DOES THAT MAKE ME _____? WHY DO I FEEL _____?

BECAUSE....

5. WHY IS IT SCARY THAT _____? WHY AM I AFRAID OF _____?
WHY IS IT PAINFUL THAT _____? WHY DO I THINK _____?
WHY DOES THAT MAKE ME _____? WHY DO I FEEL _____?

BECAUSE....