

JOURNALING QUESTIONS BY LEVELS OF DEVELOPMENT

Beige – Eat, sleep, rest, move. What basic resources do I need? How might I better utilize what I already have?

Purple – What rituals can help comfort and nourish me, both alone and with others? What potential new rituals might I explore?

Red – What can I do to feel appropriately powerful and in control over my being and ability to make grounded decisions and choices? What unresolved and tender issues might I courageously work on addressing?

Blue – What rules or roles in my family and my community can help comfort and nourish me? What discipline and structure can I build on in the process? What is my definition of love, of connection, of God, of my relationship with God? What potential new areas might I explore? Who supports me?

Orange – What can I do to feel self-reliant, intentional or purposeful? What do I need to better be able to evaluate reasonable risks and potential opportunities? Where do I find meaning or purpose?

Green – Who helps support and nourish me? Where can I be more sensitive to myself and to others? What are my shadows that I can work on and start to peak around the edges of? How can gratitude help nourish me? Where do I see beauty at this moment?

Turquoise – What do I need to help integrate and pull together what I already experience, feel and know? What other perspectives can I explore while staying true to who I am? How can I utilize creativity and flexibility?

Yellow – What bigger picture might be unfolding that I can embrace to help ground and nourish me?

