GALIA
COLLABORATIVE

MEETING YOURSELF QUESTIONS

QUESTIONS FOR JOURNALING OR JOURNEYS TO DEEPEN YOUR CONNECTION WITH YOUR SELF

FROM ODESSA HEALING CENTER
AT GALIA COLLABORATIVE

MERGING MODERN SCIENCE, ANCIENT WISDOM, AND WHOLE-SELF HEALING TO TRANSFORM MENTAL HEALTH

Odessa
HEALING CENTER

A NOTE ON GETTING STARTED

IYou've downloaded this resource to help you deepen your investigation of yourself, which means that you are a seeker. You might be seeking relief, understanding, connectedness, or a path forward.

The questions in this tool are broken down by some of our very human experiences. You might find questions from varied sections resonate, even if that category doesn't seem to describe your situation. Browse them all.

Here are a few other recommendations for using this resource:

- Go for depth over breadth. You're not meant to use all of the questions. Notice any that might stir up even a slight bit of activation in you or a feeling of curiosity and start there.
- Stay with the question you pick for a while. When you feel the urge to stop thinking or writing, see if you can stay with it one more minute in case anything else arises.
- You can always adapt questions or add others to fit where you are. These are just launching pads for your exploration.
- Go slow and gentle. If in answering a question you start to feel overwhelmed, don't force yourself to continue. You want to stay in your zone of tolerance here so you mind knows it's safe to keep exploring. If you do feel emotion that feels bigger than you are ready for, save that question for sharing with your therapist or another time when you might feel more resourced.
- Speaking of, it can be a great idea to bring your responses to a therapist, coach, or thought partner that you've been working with. These can be great jumping off points for your work.

Wishing you compassion and discovery as you wade into questioning.

Dr. Ashley Solomon
Founder & Licensed Clinical Psychologist

FOR WHEN WE DON'T KNOW WHAT TO DO

- What do I believe will come once I choose a direction? Are there ways of cultivating that experience or feeling even before I made a choice?

- What is the story of what I believe will happen if I make an "incorrect" choice? What do I imagine that would mean for or about me?

- How clear is my own voice in my decision-making right now? How can I reduce the noise of others (even if just in my own mind) and find greater stillness to contemplate this decision?

- If all of my options will bring potential challenges, which challenge will help me expand and grow in new ways?

- What is the judgment I fear might come upon me in this situation, and how important is that judgment to me in defining who I am?

FOR WHEN WE'VE LOST SOMETHING

- What is the most painful aspect of this loss for me? What am I most deeply grieving about what I no longer have?
- What has this loss made me think or believe about myself? How am I interpreting how or why this happened, and how is that shaping how I'm experiencing it?
- What is this loss teaching me about my attachment to certainty or permanence?
- What does it mean to me to fully let something go?
- While it might feel painful to consider right now, am I ready to consider what this loss might be giving space for in my life?
- Is there something in the thing I've lost that actually already lives in me?
- What is a door that has closed for me in the past that was deeply painful, surprising, or disruptive? What came after that closed door? How is who I am now shaped by that previous experience?

FOR WHEN WE FEEL UNSETTLED AND WE DON'T KNOW WHY

- What do I most need to feel safe right now?
- What part of me feels fear in considering letting my body and brain settle? Why might that part of me want me to stay vigilant?
- What happens when I let just one small part of my body relax by 10%? What do I notice? Can I expand that any further?
- What do I imagine would happen if I let go of the story that I have to be in the driver's seat of my life right now? What would it be like to let things play out as they will?
- If I can imagine someone who genuinely loves and wants what's best for me standing in front of me and telling me exactly what I needed to hear right now, what would they say?

FOR WHEN SOMEONE WE LOVE IS HURTING

- What happens inside of me when I bear witness to someone else's pain?

- What do I believe to be my role or calling when it comes to the suffering of someone else? How did I come to believe this? How has that shaped how I respond in these situations?

- What would I do in this situation if I didn't believe that I had to solve, fix, or alleviate anything? Just as a thought experiment, how could I show up for this person if I believed in their capacity to address their own situation?

- Does this person's pain remind me of ways I have been in pain in the past? What about their experience might be getting entangled with parts of my own history? How clearly can I separate our experiences?

FOR WHEN WE FEEL JOY

- What do I notice about allowing myself to sink into the feeling of joy, excitement, or abundance?

- What have I internalized from my family, culture, or society about what it means to be satisfied or joyful? How have those beliefs and stories served me? How have they not?

- Are there parts of me who show up to joy with fear or guilt? Do I have a sense of how those parts came to carry those feelings? How can I tend to those parts of me with compassion and kindness, acknowledging their trepidation?

- What is it like to experience positive emotions when others around me or others in the world are struggling? Can I see joy as a rebellion or as a gift I can offer?

FOR WHEN WE FEEL FEAR

- What feels to be under the greatest threat for me in this situation – my autonomy or control, my sense of approval or belonging, or my sense of safety and security?

- As I'm feeling this fear, what are places internally or externally that I can find ground beneath my feet? What feels solid in the midst of the fear?

- How am I responding to my fear right now? Are there ways I can meet it with compassion instead of demanding it leave?

- What would it look like or feel like to approach this situation with curiosity?

FOR WHEN WE ARE FACING CHANGE OR TRANSITION

- In what ways am I unconsciously trying to hold on to what once was and not letting myself fully enter into the now?
- What do I sense in my physical and emotional body when things begin to shift or change?
- What has my relationship with loss been like? Who have been my guides through experiences of loss?
- What can I take in terms of lessons, aspects of growth, or even physical objects from the before into this new season? What can I preserve?
- Who do I want to be in this new season of becoming?

FOR WHEN WE FEEL NUMB OR DISCONNECTED

- What might this feeling of disconnection be trying to protect me from feeling? What do I imagine might be there if the disconnection stepped back and gave me just a little bit of space?

- Can I thank my mind for shutting down when it knows that something is too much? How does my mind respond to my gratitude?

- What do I notice showing up when I explicitly tune in to different parts of my body? What are those sensations like and can I be with them without needing to move away from them?

- Even if briefly or mildly, where lately have I felt the most connected to myself and alive?

FOR WHEN WE FEEL ANGRY AT OTHERS OR THE WORLD

- What is my anger showing me about the world that I most want to live in?
- What does my anger most want me to do right now – protect, release, destroy, restore? How does my urge align with my deepest values?
- What is the boundary or belief that feels violated and is arising this anger in me?
- Might there be sadness, hurt, or grief beneath my anger? What would it be like to touch into those feelings when it's safe to do so?
- What have I learned in my family, culture, or elsewhere about what it means to be angry? How do any of these learnings shape how I respond to my own anger?