

***So....reflecting on what I noticed...after looking at my own or other people's struggles....
Where do people struggle? How many people are struggling? How long have people been struggling?***

Where on earth do people have this kind of problem/challenge?

Where on earth do people **NOT** struggle with this concern?

Where on earth have friends/family members worried about this type of concern?

A guess...about how many people on earth worry about friends/family members with this type of concern?

A guess...about how many people on earth have this type of personal struggle?

How long have people struggled with this type of problem?

When, throughout time, have people **NOT** struggled with this concern?

How long have friends/ family members worried about this type of concern?

If ***all*** people reacted with deep worry etc to friends/family challenges, ***what would life be like*** in families, communities?

Would there be ***much happiness*** in those homes or communities?

What would life be like if people ***adjusted and shifted***?

How have I been reacting to ***other people's challenges***?

Has my reaction ***helped*** ? Has my reaction caused ***further challenges*** for myself and/or others?

How have I been reacting to ***my own*** challenges?

Are these ways of reacting ***benefitting*** my life or the life of others around me?

Looking at perspectives as far as ***that specific challenge*** is concerned...

How would I ***like*** life to be ***within*** my family/community?

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

Do I think shifting/adjusting would ***enhance*** my family/community?

- I don't know
- Maybe
- I think so
- Yes, I'm quite sure it would

How would I ***like*** life to be ***within*** myself?

- _____
- _____
- _____
- _____

Do I think shifting/adjusting would ***enhance*** my own life?

- I don't know
- Maybe
- I think so
- Yes, I'm quite sure it would

How much time do I have to shift?

- Little bit of time
- Quite a bit of time
- A long time
- I have no idea..there's no way to know that

So... ***when*** might I like to start shifting?

- No rush... I can take my time
- I can wait awhile
- Very soon
- As soon as I can, in whatever way I can, given what I know how to do

What steps can I take to work towards shifting and adjusting?

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

What result might there be ***for others*** if I shift?

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

What result might there be ***for/within myself*** if I shift?

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

How much motivation do I have to make this shift?

- Not much
- Some
- Quite a bit
- A lot

Other reflections or ideas: