

# Reflective Questions

## Reflective questions to facilitate insight

By this stage, you'll have deeply reflected on the fact that wellbeing is innate. You'll have spent time observing your (more visible) attachments and the various ways they show up in your life. This can be explored through the iceberg worksheet.

The reflective questions have been designed with two key objectives in mind:

1. To draw a distinction between the circumstance or situation that you're grappling with ('above the waterline' in the iceberg metaphor), and the deeper attachment, which is the real reason or root cause of why that circumstance appears to be an issue ('below the waterline' in the iceberg metaphor). These are addressed in sections A and B.
2. To facilitate insight by posing a series of questions aimed at challenging and poking holes in the attachment. This is addressed in section C.

Suggested guidelines to answering these questions:

When you have time, sit down and quietly reflect on the answers to each of the questions. As an answer comes up for you, write it down. If it doesn't come up for you immediately then allow yourself the time to get curious and reflect further. In the event that still nothing comes up, then let it be - there is no need to battle with it. It might show up later when you least expect it. These questions can be revisited many times. You're invited to consider, reflect and get curious about a particular attachment or belief that is creating an unnecessary barrier to your wellbeing. Relax when you undertake this reflection. If you're stressed, tense or rushed, then save it for later.

"We don't know where insight comes from. I'm suggesting it is available to all of us. But the reflex of thought is continually resisting and defending against it, because the insight may be seen as a threat to the structure which you want to hold ..... Insight is a threat to the conditioning. But the conditioning is in fact not all that important. However, the conditioning contains a reflex which informs you that the conditioning is very important." David Bohm.

## Section A

### Identifying the situation/circumstance:

**What is the specific situation or circumstance that seems to have power over your wellbeing, i.e. can give or take it away and put a good or bad feeling in you?**

I believe that \_\_\_\_\_ can give me wellbeing/ take my wellbeing away.

I believe that I can only be ok if / when \_\_\_\_\_

Note: This question aims to help you identify the specific situation or circumstance that is troubling you. There are many ways to articulate the answer to this question, we've given two.

Example:

- I believe that my partner being present, attentive, and giving me affection can give me wellbeing and when they don't, it can take my wellbeing away.
- I believe that I can only be ok if/when my partner is attentive, present, and giving me affection.

## Section B

### Identifying the attachment:

**What have you attached your wellbeing to? What does it seem dependent/conditional/contingent on?**

In order for me to be ok (feel good enough, secure, worthy, content) I need:

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What does my wellbeing seem dependent/conditional/contingent on?

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What have I attached my wellbeing to?

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Note: This question aims to differentiate the situation or circumstance from the attachment, i.e. the deeper root cause of why this circumstance seems to have power over you. Here, we are focussing on the attachment and not the specific circumstance. Some of the more common categories of attachments are:

People appreciating/respecting/liking me, financial security, physical health, loved ones being ok, getting things right, life going a certain way, people behaving a certain way.

There are two options for articulating the answer to this question.

Example:

- In order for me to be ok (feel good enough, secure, worthy, content), I need people to appreciate me/show that I'm good enough
- What have I attached my wellbeing to? People (or certain people) appreciating me, showing me that I'm good enough/lovable).

## Section C

### Helping yourself to insight:

Note: When thinking about your belief/attachment in the questions that follow, remember that whilst there is nothing wrong with wanting or aspiring to achieve different things, it becomes problematic when you need them 'in order to feel ok, good enough, secure, worthy, content.' This is where we deviate from logic and begin to move further away from our wellbeing, the very thing we are searching for.

#### Q1: What do you envisage might happen if you don't hold onto this belief or attachment?

A1: \_\_\_\_\_

Note: This question aims to help you see that you've innocently held this belief because you've believed it to be necessary, helpful, or even responsible. Although it might've seemed like it was protecting or serving you (or others), this is not actually true or even possible. In fact, it has served to create a barrier or a condition to you experiencing wellbeing. Up until this point, an alternative to this belief looked impossible or implausible to you – that you would somehow lose out or lose something that you can't contemplate. When answering, consider what it is you believe might happen if you don't hold onto this belief/attachment.

Example: This belief that 'I can only be OK if people appreciate me and show me that I'm good enough,' will ensure that I don't get abandoned. It will prevent me from losing my partner, my job, and my friends. It will make my partner see what I need. It will make me feel loved and seen. It will help me accept myself fully.

#### Q2: How would you generally experience life (think, feel and behave) if you did NOT have this belief?

A2: \_\_\_\_\_

Note: This question aims to help you see that without this belief you'd have a different, less limiting, lighter, and freer experience in so many areas of your life. Remember: the 'below the

waterline' attachment shows up in many, many areas of your life 'above the waterline'! When it falls away, you'll notice changes in many areas.

Example: I'd feel far more secure in myself, less needy, I'd be more independent, I'd feel freer, more confident, and balanced. I'd love myself and be more present with my partner – and with everyone else, too. I'd experience more of my wellbeing!

**Q3: Can you remember a time – even a brief moment – when this belief did NOT look true to you?**

A3: \_\_\_\_\_

Note: This question aims to show you that the belief is not absolute truth. It is actually learned – you picked it up somewhere along the way.

Example: Actually, now that I think about it, I wasn't that way in this one relationship I had many years ago at school. When we fought, we made up and it was just a healthy, normal relationship where I didn't second-guess myself or demand things of my partner.

**Q4: Do you know anyone that does NOT share this same belief?**

A4: \_\_\_\_\_

Note: This question aims to deepen your exploration of the truth or fact that your belief (which you might superficially or intellectually know is holding you back) is not universal or necessary, and nor is it reality. Therefore, it can change.

Example: Yes. My partner. And some of my friends.

**Q5: Knowing what you know about the source of wellbeing, is this belief actually logical/factual? Please elaborate.**

A5: \_\_\_\_\_

Note: This question aims to further challenge your belief/attachment. It serves to remind the deeper part of your subconscious mind that you no longer buy into the logic that originally created this belief. You now have new knowledge that has replaced this false logic and has exposed it as untrue and unhelpful. When you elaborate, reflect on what you now know that you didn't know before. This is a good opportunity to be honest with yourself about whether you really DO believe that nothing and no one can give/take away your wellbeing (because it is unconditional and built-in). If you aren't yet sure about this, as a truth or fact, then you might need to work on this foundational piece further before continuing with the enquiry.

Example: No, it is not actually logical - but deep down, it really still feels true! However, I have experienced and understood that the feeling of love, comfort, and the deep self-acceptance that I have been trying to find in other peoples' behaviour is only ever truly found inside myself. And even if they did/do behave as I'd like, it would still only ever come from me. I have made them responsible for something they can't really give me. So really, I am distracting myself from doing the work I need to do!

**Q6: What does this belief (ie that you need \_\_\_\_\_ in order to be ok) do for you?**

A6: \_\_\_\_\_

Note: This question aims to make the off-track trajectory you're on more visible. It also exposes the irony that the very belief you're relying on to feel better and more secure is actually making you feel worse and less secure!

Example: It causes me pain. I often feel rejected and resentful. I need to keep a check on my partner's and other people's moods. I become controlling. I easily become upset and blame others if they aren't giving me what I need. I am very needy, and I hate myself for it. I try to be blasé about it, but I'm only putting on a role. I feel terribly lonely, even in a relationship.

**Q7: Is it serving/helping you?**

A7: \_\_\_\_\_

Note: This question aims to reinforce that the belief is not actually beneficial.

**Q8: Is it actually serving or helping the people around you? Please elaborate.**

A8: \_\_\_\_\_

Note: This question aims to deepen the one above. Sometimes it does seem like a belief/attachment is helping or serving those around you and therefore it is worth hanging onto, even if you might be suffering as a result of it. On the surface, this might seem true but if you look a little deeper, you will see that it isn't.

Example: Not at all! It's pushing them away! It makes people feel tentative around me as they sense I am needy and demanding.

**Q9: What is it that you are NOT doing/achieving because of this belief?**

A9: \_\_\_\_\_

Note: This question aims to show how limiting the belief/attachment is. It might seem like it will progress or evolve you, help you move forward in life, and experience more joy and more meaning, and yet it is actually holding you back from so many things – internally and externally.

Example: I'm not actually enjoying life. I'm not creating healthy relationships. I'm not fulfilling my potential in the workplace as I'm over-analysing how people react to me. I'm not being honest and transparent with the people I love, as I'm too busy judging them.

**Q10: Go back to the circumstance/situation from A above. How would you think, feel and behave in that specific circumstance if you did not believe this to be true?**

A10: \_\_\_\_\_

Note: This question aims to give you a real chance to reflect on what you might experience without this belief. Imagine yourself on the Innate-wellbeing Road/Logic Road, in your wellbeing, having a totally different experience of the same situation. You are trying to show/prove to your subconscious mind that it is no longer necessary to hang onto this belief. You're better off without it!

Example: I'd have more integrity. I'd be kinder to myself. I'd be kinder to my partner, too. I'd be

more compassionate and take their perspective/reality into account. I'd feel unconditionally secure and loved. I'd be much more trusting. I'd be OK. I'd be more patient with them and understand they show love in a different way. I'd not have to be afraid to be rejected.

**Q11: Now that you've challenged your attachment/belief, can you view your situation from the opposite perspective?**

I can **ONLY** be ok if \_\_\_\_\_

VS

I can **STILL** be OK if \_\_\_\_\_

Note: This final statement is bold, disruptive and confrontational. It is asserting/putting forward that the attachment/belief you've been holding onto for so long is no longer necessary. This 'turnaround' is a good litmus test of how insightful the enquiry has been for you. There are 3 potential ways to experience the turnaround.

- It feels really possible/true/authentic that you can be free of this condition/attachment. You've tested it, challenged it, poked holes in it and it has not 'stood its ground' or convinced you of its validity.
- It feels like your attachment/belief isn't as entrenched as it was previously. It feels a bit looser, weaker, less true. You feel hopeful that you might enjoy more wellbeing independent of this belief/attachment.
- It feels exactly as entrenched as it was before. More time and more reflection are necessary to challenge and poke holes in this deeply entrenched belief. A recommendation is to find a partner or mentor when doing further reflection/inquiry. Stay optimistic!

Example:

I can only be OK if my partner is present, attentive, and showing me affection.

I can still be OK if my partner is not present, attentive, and showing me affection.



# Questions & Answers

## Reflective questions to facilitate insight

### Section A

#### Identifying the situation/circumstance:

**What is the specific situation or circumstance that seems to have power over your wellbeing, i.e. can give or take it away and put a good or bad feeling in you?**

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I believe that I can only be ok if / when \_\_\_\_\_

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## Section B

### Identifying the attachment:

**What have you attached your wellbeing to? What does it seem dependent/conditional/contingent on?**

In order for me to be ok (feel good enough, secure, worthy, content) I need:

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What does my wellbeing seem dependent/conditional/contingent on?

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What have I attached my wellbeing to?

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## Section C

### Helping yourself to insight:

**Q1: What do you envisage might happen if you don't hold onto this belief or attachment?**

A1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Q2: How would you generally experience life (think, feel and behave) if you did NOT have this belief?**

A2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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**Q3: Can you remember a time – even a brief moment – when this belief did NOT look true to you?**

A3: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

**Q4: Do you know anyone that does NOT share this same belief?**

A4: \_\_\_\_\_  
\_\_\_\_\_  
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**Q5: Knowing what you know about the source of wellbeing, is this belief actually logical/factual? Please elaborate.**

A5: \_\_\_\_\_  
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A6: \_\_\_\_\_  
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**Q7: Is it serving/helping you?**

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I can **STILL** be OK if \_\_\_\_\_  
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