

Why am I stuck?

What part of you wants to be stuck right now?

Can you connect this part of yourself with an age (a younger part of you)? Or give it a loving and appropriate name?
(Example: It feels like my 6-year old self. Or it feels like my 'want-to-do-absolutely-nothing part'.)

What does this part of you need right now?

What is this part of you afraid of?

Is there anything else this part of you wants you to know or hear?

What do you imagine your wisest, most loving self, would want to tell this 'stuck' part of you?

Can you share a gratitude for this stuck/younger part of you?

Is there one shift in focus, reminder, or action that can reconnect you with (or turn up the volume of) your wisest, most loving self?

Anything else you want to share?