

Think about a very rough time in your life. (Who? What? Where? When?)

Who was fully involved?

What kind of person were you then?

What unique barriers did you have to work with?

Was the problem expected or unexpected?

How did it affect your family and friends?

What were the "real" issues underlying the problem?

How did you survive it?

Where did you get help?

Did you have unrealistic expectations of yourself and others?

Do you still have unrealistic expectations of yourself and others?

What was the hardest part (internal or external)?

What negative messages did you tell yourself?

What negative messages did others give you?

What positive messages did you give yourself?

What were the turning points or realizations that you had?

How much responsibility did you realistically have in the problem?

In the end were you a part of the problem or part of the solution?

What different options did you have to solve the problem?

How did you decide on a strategy?

What helped you and what slowed your progress?

What new ideas did you get from the experience?

How did it change you, your goals, and your outlook on life?

What unanswered questions do you still have about it?

Have you allowed this experience to be a constant negative or positive in your life?

Can you laugh about it now or see the humour in it?

When did you finally get totally over it?

How many positive things, people, ideas, thoughts, goals, actions came out of that one bad experience?