

ENDING YOUR PATTERNS OF UNNECESSARY SUFFERING | PART ONE INQUIRIES

You can print this form or another piece of paper to complete your inquiries. Take 5 to 10 minutes for each question. Ask yourself the question repeatedly and write down all the responses that arise. Don't edit yourself or judge your responses. With a two-part question ask the first question, respond, then follow that by asking yourself the second question.

Vhat do you say to yourself?	What judgments do you have about yourself and others?	Is it possible in this very moment to stop telling the story and simply open to the feelings that are here? What is your experience
		- right now? -
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Part 1: What has to change for you		
rart 2: "Are you willing to be fullill	ed this very moment even if nothing ch	nanges?