

1. What do I love about my life right now? What's going well? What have I felt really good about?
2. When was the last time that I felt really connected? Connected to myself, my relationships, my work...
3. What am I noticing right now about this present moment? What am I feeling, thinking, wanting right now?
4. What is it I want for myself?
5. If I've been feeling disconnected lately, what is the disconnection trying to do for me?
6. What am I getting from being more disconnected? Do I want something different around this for myself?
7. What is a pattern I've noticed on my life that I want to shift for myself?
8. How do I relate to myself (*Through self judgement? Through self compassion? Through pressuring myself to "do" or perform?, etc.*) when I notice what I want for myself?
9. What is my most common feeling? Most common thought? What's it like to name this and see it on the page?
10. What is making me really excited lately? What lights me up? If that's difficult to identify, what do you know about that (*ie is this a change from baseline? Is this familiar? Has something happened recently that's contributing to this?*)
11. If my therapist could know anything about me without me having to tell them, what would I want them to know? How would having them know this help me in my therapy work?