

Anchoring to Your True Self: 15 Questions to Ask

by Sandra Felt

How do I let go again each time I catch myself slipping back into the old vortex of rules and roles that I call the Good-Girl Jail? How do I let go when I again want to be socially acceptable so that I don't upset anyone else? How do I free myself when I am trying to be in control again? Or fighting yet another unnecessary power struggle? Or feeling afraid? Or in another flashback? How do I reconnect with my true self when I feel that painful separateness once again?

I use any and all of the tools I have described in this book. I ask myself any or all of the fifteen questions listed at the beginning of each chapter—open-ended questions that lead to a flowing paragraph about what is really going on inside:

- » What do I know about my self?
- » Am I listening to my awakening moments?
- » What am I afraid might happen if I come fully alive?
- » What would help *me* feel safer?
- » What body sensations am I experiencing?
- » What am I feeling right now?
- » How many possibilities can I see?
- » What would nourish *me* today?
- » What do I really believe about my self?
- » What is my deeper truth?
- » What am I ready and willing to let go of?
- » Where is that line between *me* and others?
- » Am I sure?
- » What do I *really* want to do today?
- » How can I let this moment be even more alive?

I ask the questions—and carefully listen to the answers I hear. I come back into my body, allowing my feelings, especially any fear I might discover. I take some time alone. I look for that point of choice at the Y in the road. I claim what fits *me* and let go of the rest—*without judgment*. I listen until both the expectations of others and my own need to control begin to melt away once again. I listen until the daffodil spirits return and I again dance with them, flowing to the music I hear inside. I listen until the words once again flow onto the pages and I again feel alive—and I care.