



Where am I, right now, with the thing in front of me?

1. What is the situation that is loudest for me today? Just one. Name it plainly.

2. When I feel it at its strongest, do I want to act and put something right (injury), or am I aching for something gone (loss)? It can be both. Which is louder?

3. Have I been trying to resolve it with the wrong one? For example, building a case for something that is actually a loss to be grieved.

4. Overall, separate from this one situation, roughly where am I? Still deciding, in the thick of the fight, grieving, rebuilding?
