



— The Reality Check —
SEVEN QUESTIONS TO FREEDOM

1. Get excited and realize your upset means you have an opportunity to learn something or to change something to make it better.
2. Get curious and ask *"What meaning have I linked to this in order to feel upset?"*
"The meaning I've linked to this is

3. Ask: *"Could this be a misinterpretation or misperception on my part?"*

Remember that no matter how thin you slice it, there are always multiple perspectives

"Do I have all the possible information to know what this really means?"

4. Ask: *"What else could this mean?"*

5. *"What do I need in order to feel good now?"*

Do I need to:

1. *Change my perception?*
2. *Acquire more information?*
3. *Understand their view.?*
4. *Know they care?*
5. *Change the way I/we are doing something?*
6. *Get a commitment from someone?*
7. *Apologize?*
8. *Remember who this person is and how much I love them?*

6. *"How can I communicate my needs in a way that empowers my relationship with this situation or with this person or group?"*

7. *"What's great about this?" or "What could be great about this if I wanted it to be?"*