Exploring a Struggle- Moment of Reflection

-Masterpiece Living

Directions:

Take 10-20 minutes to read the directions and questions below. Reflect with curiosity on the questions that follow. You may journal your response, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

*Call to mind something you have been struggling with or*

*stressing over recently. Reflect on the questions below and allow answers to arise during this exercise or after in the days to come.*

1) How have I treated this difficulty?

2) How have I suffered from my own response?

3) What does this problem ask me to let go of?

4) What suffering is unavoidable related to this problem?

5) What great lesson might this difficulty be able to teach me?

6) What might be the silver-lining or the value in this situation?