

# A Road Map of Questions to Gain Awareness

## MOTIVATION

*You can tell the man who rings true from the man who rings false, not by his deeds alone, but also his desires -Democritus*

Why am I doing this? Because I need approval, affirmation, acceptance?  
Am I afraid of your disapproval, your rejection?  
Am I scared to feel the humiliation and shame of your criticism and judgment?  
Do I fear anger and conflict / failure?  
Why am I so afraid to feel shame?  
Why do I feel fear / shame?  
Where did I first learn to feel shame?  
Do I feel a sense of worth and pride in thinking about doing this for you?  
Why?  
Am I feeling loving or am I feeling important and good about myself?  
What is the difference?  
Am I considering what is in my best interests?  
Your best interests?  
Is it really in my / your best interests to do this?  
**(Add your own introspective questions)**

## BEHAVIOR

*Integrity means a willingness not to violate one's identity - Erich Fromm*

Am I speaking my truth - my feelings, thoughts, wants?  
Am I being indirect?  
Why?  
Am I being assertive?  
Am I setting good limits?  
Do I have good boundaries?  
Am I being a victim / perpetrator?  
Am I promoting self reliance or dependency in the other?  
Am I controlling the situation, my own fear of shame or the other person?  
What are all my options  
**(Add your own introspective questions)**

## CONSEQUENCE

*A thing is right if it tends to preserve the stability, integrity and beauty of the biotic community. It is wrong if it tends otherwise. - Aldo Leopold*

What are the possible consequences of my decisions to myself and others?  
How will I feel?  
How will the other person feel?  
How might this add to another person's awareness, and my/other's self empowerment?  
**(Add your own introspective questions)**