

21 questions to help you find core issues and beliefs

1. When did the issue start?
2. What was going on in your life at that time? or in the period leading up to it?
3. What does this issue/feeling/emotion/person/situation remind you of?
4. How do you know you have this issue?
5. What is the earliest memory you have of feeling this way?
6. How do you feel about *having* this issue? Are these feelings a pattern in your life? How we feel about having an issue needs to be tapped on before clearing the issue itself.
7. How does this issue match up with and confirm the beliefs you hold about yourself, others and life? For example, *life is hard, I'm a bad person* and so on.
8. If there were an emotional contributor to a physical issue, what might it be? If you don't know, guess.
9. Write step by step instructions for someone to know and experience *exactly* how you feel and what triggers you.
10. Why do *you* think you have this issue?
11. Do you think that this issue has a message for you?
12. How does your issue show up? For example, physical pain, swirling thoughts, depression, sinusitis etc.
13. What quality/texture/colour do the sensations/pain have? Be as detailed as you can, for example, heavy, tight, constricted, dark, tingling, red and so on.
14. Do you feel more symptoms in your body or your mind? How connected are you to your body and/or mind?
15. Where is the issue/pain located? What is the function of the body part where the pain/issue is?
16. How does that function relate to how you feel? For example are you unable to 'stomach' an issue? Is something getting 'under your skin', 'up your nose' or 'on your nerves'?
17. What else do you notice about this issue?
18. What is the advantage of having this issue? How does it help you? For example, takes the pressure off, others help you more, etc.
19. What is the disadvantage of having this issue? How does it stop you from doing what you want to do?
20. What image or metaphor comes to mind when you think of this issue? For example, are you a 'rock' for others, or a 'shoulder' to cry on?
21. If there were a person, experience or event in your life that you wish you had been able to avoid entirely, what/who would that be?