

If you don't get a response...

- ✦ It may just be that you are hungry or tired. Or maybe you've had too much caffeine or sugar, and your body is feeling side-effects from some kind of substance.
- ✦ It may also be that you need help from someone else to ask you these kinds of questions, and to help to draw out what the feelings are about.
- ✦ You may need to help yourself with immediate relief first if it's too hard to feel clear and calm enough to have a conversation.
- ✦ You may wish to try some of my meditations or additional recommended exercises (which are found in my Connection to Purpose course) to create a state change in yourself, such as Pattern Interrupts, Swish Patterns, the Emotional Ladder or a journaling exercise, and then approach these feelings again in the future by asking these kinds of questions if you need to.