What's hurting me?	
What PART OF ME is feeling disturb	ed right now?
What SHOULD I be doing about this	s?
What do I NEED?	
Where can I get it?	And when?
Circle back. Look at the answer to Q2.	
Does that sound like my authentic self?	What 3 words describe who I really am
So now, What is the ONE thing I ne	eed right now, in this moment?