

Constellation Map

Parts Detector Questions (middle section)

What do I feel? What else?
How do I feel towards that part?
What happened?
And then what happened?
What happened after that?

Sample Deepening Questions (outer section) stay in curiosity

Where do I feel that in or
around my body?
How deep, thick is it?
(See sensations list)
Does it have sounds or words?
What does it believe about you,
itself, the world, other people?
How long has it been with you?
Does it have any memories
connected to it?
How old is it?
Do you have an image of it?
Does it live in a particular place?
What's its job? What would
happen if it wasn't doing that?
What's its relationship towards
other parts?
Is it aware you're observing it?
How does it feel towards you?
Who does it believe you to be?
What does it want?



SELF