

THOUGHT PROVOKING QUESTIONS TO ASK YOURSELF
AT YOUR LEISURE



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Make your Acquaintance:

50+ Thought Provoking Questions to Ask Yourself

Somewhere along the way, I lost it! I began talking to myself. What occurred to me is that on occasion I've had a one-sided conversation with myself. Not only that, I also mutter to myself when in the store; perhaps these unconventional discussions have served to coach me through certain tasks.

This isn't good. As the saying goes, when you talk to yourself, you are crazy. What is worse is that you ask a question and in turn, answer the question. Nevertheless, in the privacy of our minds, we do this all the same.

Granted, the key to talking to yourself is asking self the kinds of questions that validate you. Believe it or not, the kinds of questions you ask determine the kind of life you lead. This is commonly known as self-awareness. In those empowering moments, we seek to learn from situations and circumstances, armed with a notion to overcome them. At the same time, if we get stuck in those situations and circumstances, could it be that we dare to avoid knowing who we are or what is expected of us during those times?

In an effort to move on from what was – we must seek to know what is, as it relates to who we really are at a deeper level. Take into consideration that a person changes, time changes, and the world changes. This knowledge should resonate with the answers to the questions that you ask yourself, and thereby signify growth. Mind you, God destines us to grow.

What might prove debilitating, however, is that in the face of adversity, some people ask questions that tend to disable rather than enable them – for instance: “How could I have been so stupid as to let this happen to me?” rather than, “How can I learn from this and move on?” Needless to say, this is a challenge in the war on empowerment. Change is favorable only when we mirror behavior with what is conducive to it.

I hope this doesn't intimidate you. Perhaps it will, if you are someone who normally does not self-reflect. In my own experience, I was conflicted when asked to self-reflect, simply because I had never given such questions any thought. However, in time these questions preceded a self-exploration journey.

To help you along the way, pick a few questions today. Don't be alarmed, if you do not have an answer right off the bat, since this may have caught you off guard. Still, we ask that you

