

# SOLVING PROBLEMS WITH 20 QUESTIONS



1. When did this situation begin?
2. How long has it been going on?
3. What was going on around that time? Stressful events?
4. How is this impacting my health/wellness?
5. Does anything improve my situation?
6. What makes it worse?
7. Who is involved in this situation? How is our relationship?
8. Where am I experiencing the problem?
9. Have I examined it physically? (If applicable)
10. What are possible solutions to this situation? List all possible solutions. Be creative.
11. What would a completely resolved situation look like?
12. How can I do to solve this situation today with what I have?  
Essential Oils? Raindrop Technique? Emotional Release ?
13. What am I willing to do?
14. What is my thought about this situation?
15. What is my emotion about the thought?
16. What are my actions around that emotion related to this situation?
17. What is the result of my actions regarding the situation?
18. Is there anything I would like to change about the thought?
19. What emotion would I like to have around this thought about the situation?
20. What am I going to do to solve this situation?

