

# Questions for Self-Reflection



*In your journal, write responses to each of the following questions adapted from Dr. Dan Siegel's Brainstorm. Your answers can be as long or as short as you like.*

## **Future**

What would you wish for yourself in future relationships?

Are there any factors from your past that are restricting you in the present and limiting who you can be in the future?

What do you see as the things you'd like to change in yourself, so that you can become freed up to be the person you would like to be in the future?