



## Self Inquiry Questions to Ask Before Decisions or Taking Action

As a function of our co-dependence, we have been disconnected from the impact of our decisions. These questions help to re-connect us with our highest good in any decision-making process or where we need to take action.

1. Is this action/decision moving me towards, or away from, my emotional sobriety/wellness?
2. Is this action/decision helping me fill my desperately needed empty emotional tank?
3. Do I have the time and space to participate in this action?
4. What is my motive?
5. Am I violating my own values and boundaries?
6. Am I being honest with myself?
7. Should I proceed with this action/decision, how might I FEEL afterwards?

If the answer is ANY question is NO:

1. Do not proceed.
2. Consult your coach to help you plan how to manage this action/decision and put your scaffolding and emotional loading in place in an emotionally empowering way for yourself .