

## Hole in the Sidewalk – Self Reflection Questions

1. Notice what causes you to fall in the hole: what are your triggers?
2. What are your early warning signs that there is a hole up ahead?
3. What does it feel and look like when you are in the hole? How do you treat yourself? How do you treat other people?
4. How do you know it is your fault that you are there? Do you try to blame others? Who? Why?
5. What can you do to get yourself out of the hole? How long does it take? What would it look like if you could get out immediately?
6. How could you plan ahead in order to avoid falling in?
7. What would walk down another street look like? What would be different about how you are doing your life and relationships?