

Questions to Ask Yourself

A reflective guide for slowing down, noticing what is true,
and responding with greater clarity and care.

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Thoughtful, Relationship-Centered Therapy
Telehealth Across Colorado

These questions are not meant to rush you toward an answer. They are meant to help you pause, pay attention, and gently consider what may need honesty, boundaries, grief, courage, or care.

When Something Feels Off

- ☐ What am I feeling right now, beneath the first reaction?
 - ☐ What seems to be weighing on me most?
 - ☐ What part of this situation feels especially tender, frustrating, or unresolved?
 - ☐ Have I been ignoring something I already know?
 - ☐ What would honesty require from me here?
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In Relationships

- ☐ Am I communicating clearly, or am I hoping the other person will simply know?
- ☐ Where do I need a healthier boundary, a clearer expectation, or a more direct conversation?
- ☐ Am I taking responsibility for what is mine, and releasing what is not?
- ☐ What pattern keeps repeating here?
- ☐ What would it look like to respond with both truth and steadiness?



Clarity often begins when we are willing to pause and tell ourselves the truth.

Within Yourself

- ☐ What have I been needing that I have struggled to name?
 - ☐ Where am I overextending, over-functioning, or carrying too much alone?
 - ☐ What am I believing about myself right now, and is it actually true?
 - ☐ What would self-respect look like in this season?
 - ☐ What needs more compassion from me, not more criticism?
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Gentle Reflection

What is this situation inviting me to notice?

What do I need to accept, address, or let go of?

What is one small, healthy next step I can take this week?

Remember

You do not have to solve everything all at once.
Sometimes the next right step is simply becoming more honest about what is true.

Small, consistent shifts often create meaningful change over time.

If these questions brought something important to the surface, therapy can provide a place to explore it more deeply.

