

Reflective Questions:

1. When was the last time you felt like someone “didn’t get you”? What language or thinking patterns might have played a role?
2. Recall a recent conversation where you felt judged or misunderstood. What words or tone made you feel that way?
3. Do you notice yourself labeling people (e.g., lazy, rude, careless)? How does that affect your connection with them?
4. How do you react when someone tells you that you are “wrong”? What does that feel like in your body?
5. When do you catch yourself making demands instead of requests?