

EXISTENTIAL CRISES: INSIGHTS

PART VI



Worksheet 12

- *If you could ask one question of a truly wise person, what would you ask?*

- *Why does this question matter to you right now, and where might the answer be leading you?*

- *Where—or to whom—might you turn for insight, perspective, or guidance? Or is the answer already beginning to form within you?*

∞ INTERLUDE ∞



The reflections you've just completed may have touched tender emotions or revealed difficult truths about your inner life. Allow your heart to rest and settle, and give yourself space, now and in the days to come, to continue reflecting, especially on those issues that are calling for your immediate attention. Whenever you feel ready, turn to the next section on existential crises.