

## Getting to know Frustration [or Triumph]

Getting to know the problems or intruders in your life is the same as getting to know a person. Ask questions, lots and lots of questions. By thinking of your problems [or your dreams as someone you need to get to know, or something physical outside of you, can help you find out what their intentions are and maybe even how to reduce their influence in your life. The example below is interviewing Sadness.

Questions	Answers
<b>For example</b>	
What is Sadness?	<ul style="list-style-type: none"> <li>A heavy burden in my heart, like there's a rope around the brick and my heart has to hold on to it</li> </ul>
What is Sadness' purpose?	<ul style="list-style-type: none"> <li>I think it wants to remind me of what I've lost. It slows me down, wants me to keep remembering the loss.</li> </ul>
What would Sadness say out loud if it could?	<ul style="list-style-type: none"> <li>Hey, things were bad, things were unfair! You can't just get on with life with these things being so awful</li> </ul>
What do you want to happen to Sadness?	<ul style="list-style-type: none"> <li>I want it to go away until it's needed again.</li> </ul>
What does Sadness stop you from having?	<ul style="list-style-type: none"> <li>Laughter and warmth. I feel guilty watching a comedy or walking in the park on a sunny day. I want to enjoy those things again.</li> </ul>
If you could pass on a message to Sadness what would it be?	<ul style="list-style-type: none"> <li>I've given you enough time. I've grieved enough, it's time to let go now. Thankyou for the work you've done, but now it's time for the sunshine.</li> </ul>
What becomes more prominent when Sadness is in the background?	<ul style="list-style-type: none"> <li>My hopes for the future. I stopped studying because of the accident, but I did do well and I did like going. I get excited about returning to uni.</li> </ul>

## Questions for Gagil .. something not so good, something you would like to reduce in your life ..

What is Gagil?	
What is Gagil's purpose?	
If Gagil had a voice out there in the world, what would it say?	
What are you hoping to happen to Gagil?	
What does Gagil stop you from having?	
If you could pass on a message to Gagil what would it be?	
What becomes more prominent when Gagil is in the background?	

## Questions for Gaba .. something great, something you would like to increase in your life ..

What is Gaba?	
What is Gaba's purpose?	
What parts of Gaba do you hold valuable?	
What does Gaba offer you?	
What is attractive/appealing about Gaba?	
If you could pass on a message to Gaba, what would it be?	
What behaviour takes over when Gaba is in the background?	

**The following resources were accessed to help generate this info sheet:**

No additional resources were used