

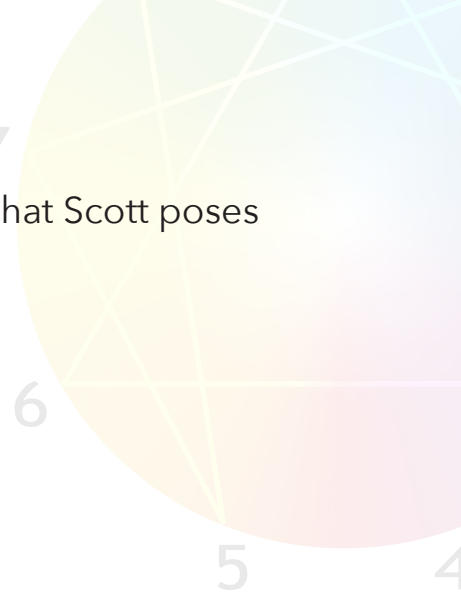
Reflection Questions Journaling Pages

Use these pages to journal about the reflection questions that Scott poses throughout the course.

Part 1: The Awareness Continuum

When is your ego most threatened or at stake?

How does your reactivity primarily get expressed?



Part 1: Childhood Wound + Ego's Descent and Essential + Vast Self

When do you know you are under the control of your ego?



How do you know when your essential self is present?



Part 2: Common Questions + Reflection

In light of your type, what insights do you have about your struggles and patterns?

What is most important for you to remember or practice that will help you move toward your essential self?

Part 3: The Inner Lines

What do the high and low sides of your type's lines suggest to you about how you get stuck, and how you become free?

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Part 3: The Shadow Aspects

What is most interesting to you about your shadow dimensions?

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What is the greatest gift that you can "harvest" from your shadow self?