



## Let Go Of The Need To Fix Self-Reflective Questions

### Am I Acknowledging What's True For Me?

*How much of my need to help this person is coming from a need to be seen as indispensable?*

*Do I feel anxious or powerless if I don't intervene and solve their problems for them?*

### Do My Beliefs Still Hold True Today?

*As I pause to consider my life and relationships today, is it true that people will only value me if I take responsibility to make sure everything is okay for them?*

*Is it really the case that I must always be seen to be capable and competent and strong?*

### What May Happen If I Don't Fix Their Problem?

*What do I fear will happen if I don't step in and fix things for this person?*

*Am I really listening to them? Am I open to helping them in the way they want to be helped, instead of what I think is best?*

### What Is My Body Telling Me?

*When I think about helping this person, what do I feel in my body? Is there an excited rush of energy because I can prove myself as indispensable to them?*

*Do I feel anxious, does my heart pound or my stomach churn at the thought of not being the one who makes it all okay?*

### How Old Do I Feel When I Think About Helping Them?

*Is it important that the person I want to help, sees me as important in their life?*

*Am I reacting from that same part of me who had to take care of things when I was a child?*

### Am I Practising Self-Acceptance?

*Am I open to valuing and loving myself, even if I'm not solving people's problems?*

*How will I feel if I don't step in to fix this problem for them?*

### Am I Choosing To Live From Intention?

*Am I reacting from my own fear and need to be seen as competent by trying to fix a problem - even though this person hasn't asked for my help?*

*If I keep focusing on sorting out other people's lives, what am I neglecting in my own?  
Am I sacrificing my own time, energy, or well-being?*

Am I Seeing Myself As Ever Evolving?

*Am I open to seeing myself as having many layers of complexity instead of having to be a perfectionist?*

*Am I open to the idea that letting others manage their own challenges is part of my personal growth too?*

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