

# Problem/Trigger:

.....  
.....  
.....

© Based on Scott Kiloby's Inquiries  
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What is  
here now?

Thoughts

Feelings

WORDS

Words

Pictures

Anything you feel  
inside your body



I see  
words

I hear  
words

These are the words:

.....  
.....  
.....  
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.....  
.....

It looks like (make a quick sketch of it):

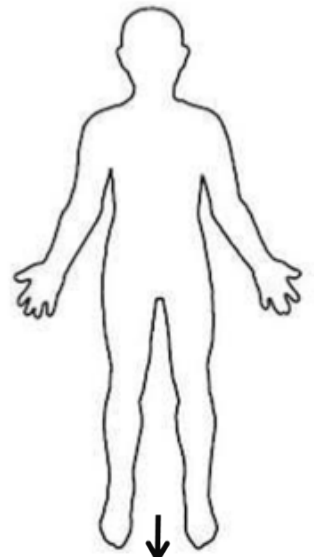
0 - 10

On a scale from  
0 to 10, what is the  
power of it?

Where do you feel  
this in your body?



(Mark it below)



See if you can rest with  
the raw energy of it;  
following it if it  
changes, moves or  
disappears.

Repeat the whole process until it feels complete.