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Mindful Questioning

How am I feeling right now? Identify and name aloud the feelings.

Am I anxious right now?

Angry? Sad? Stressed? Tired? Lonely? Hungry? Thirsty? Irritated?

Who is bullying me right now? Am I bullying myself?

Who is stressing me? Am I stressing myself?

Am I breathing right now?

Am I judging myself harshly right now?

Did something or someone trigger me?

Am I acting upon my core values?

Am I giving myself any credit?

Can I look at the situation with a spirit of gratitude or note the positives?

Am I expecting a lot out of myself? Do I have unreasonable expectations?

Am I expecting a lot out of others? Do I have unreasonable expectations?

Am I loving myself right now?

Am I loving others?

Am I being understanding?

Can I see the good in this?

Where's the root of the problem?

What part of me is hurting right now?

Where do I experience these feelings in my body?

Are the problems valid? Or, I am I creating stories in my mind?

What can I let go of?

Am I living in the problem?

How do I need to let go?

Am I showing myself self-compassion?

Am I being present in the moment?

What do I need to focus on right now?