

# DISCUSSION QUESTIONS

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*All Presentations*

1. Which groups do I “pit” myself against to create an “us” and “them” system? How can I stop doing this?
2. How can I use “tracking” to uncover patterns of my behaviors, actions, thoughts, inactions, emotions, etc.?
3. When I notice a pattern, what is the root of this pattern?
4. Do I want to keep this pattern? Do I want to change it? If I want to change it; what do I want to change it to?
5. What part of the workshop made me the most uncomfortable? Why?