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# Dialoguing with a Symptom

Here are questions you can explore as you dialogue with your symptom:

1. What are you here for?
2. What do you want?
3. What do you need?
4. What action do you want me to take?

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Also . . . Ask your symptom:

1. Where do you feel stuck?
2. What decision do I need to make to move forward?
3. What would make reducing pain (or other symptoms) easy?
4. What do you appreciate?