



Completion Questions:

Completion is a choice. It is a gift we give ourselves that most of the world resists. It is the choosing of freedom, grace and generosity, acceptance, presence and peace.

In allowing ourselves to be complete with something (anything: relationships, circumstances, results, etc), we relinquish our desire to experience a different past, and release the hold that has on our present and future, keeping us hostage to our history.

No one can get complete for you. It's an inside job, and a choice only you can make, regardless of what has happened, or how anyone else shows up. This means that you do not need anyone else to do anything, or apologize in order for you to get complete.

This is a writing exercise. The most important question is:

- 1. Are you willing to be complete with this issue, situation or circumstance, regardless of the results you created and the ones that you didn't, how you showed up and how you didn't, as it is now?**

NOTE: If you're not a yes to this question, the rest of the questions below don't matter. So, allowing yourself the grace to practice completion is a choice only you can make. If you have resistance, that's ok. But likely the resistance will be addressed in the questions that follow, so if you can empower your willingness to be a yes to this question, the rest of this conversation can deeply serve you.

2. **What is “the problem”? What happened that should not have happened, or didn’t happen, that should have?**

3. **When you think about the issue/problem/thing that happened, what are you present to?**

(Think in terms of: Thoughts, Feelings, Body Sensations)

4. **Without all the story attached, what are the facts of the situation?**

(Imagine you are telling a police officer what happened)

5. **What haven’t you said that is there for you to say about the other parties involved? What do you wish he/she/they would understand?**

(You get to be the victim here—don’t be polite or enlightened here)

6. **What can you own, from a lens of responsibility (not blame)? How have you, in part, created this issue?**

(If you have little you can own, consider you might have more to say in #5)

7. **What can you acknowledge the other party for being? What can you acknowledge yourself for being?**

8. **What is possible for you, to let this be complete?**

(What experience of life is available if you let go of this issue?)

9. **What is your commitment in this area of your life?**

(How is this in service of the breakthrough you are generating?)

10. **Looking only from that commitment, what is your next action from here?**