

Breakdown Questions For Slips

These are questions to ask yourself and read to someone if you have a slip or a lapse. In this format, these are called, "Breakdowns."

First of all, we all have breakdowns, no one is perfect. See this exercise as a neutral situation without bringing in guilt, shame, or blame. What happened, happened. Let's take a look at it and let's move forward with this information in a constructive and powerful way.

Ask and answer the following questions in this order. (Please don't skip steps):

1. Acknowledge the breakdown. Examples: "I broke my media bottom line for 3 hours last night" or "I overslept and missed the B2B meeting."
2. How did you generate this breakdown? How did you create it? (It empowers us to take 100% responsibility for what we generate in our lives, even if we think it was not our fault. By not playing the victim in any situation, we become better able to recover in all areas of our lives.) A wise woman once said, "Everything happens for me, not to me."
3. What is the underlying belief that is at play? For instance what were you thinking or believing before the event happened? What was the unconscious impulse?
4. What are the prices you are paying living or behaving this way?
5. What are the prices others pay when you live or behave this way?
6. Take a moment to experience it—you need to be connected to the consequences without shaming or letting guilt be a part of this inquiry—Take a breath and stay in reality. Now leave this event in the past. Let go of it completely.
7. What is your recommitment or commitment going forward? Be specific.
8. Who do you get to be as you move into the future (Examples: I get to be honest; I get to be rigorous with my time; I get to be present; I get to feel my feelings, etc.)
9. What actions will you take going forward? Be specific.
10. Who will you ask to help you to be accountable with these actions? Be specific.