

2nd Pillar - Self & Identity

Core Questions to Contemplate

1) What makes me me—body, memory, consciousness, or something deeper?

Answer:

2) Am I the same person throughout life, or continually being re-created?

Answer:

3) What part of me observes my thoughts and emotions when they change?

Answer:

4) Do I believe consciousness arises from the brain or exists beyond it?

Answer:

5) How much of who I am is shaped by genetics, upbringing, and culture?

Answer:

6) What does “free will” mean in my lived experience?

Answer:

7) What parts of my identity or personality do I feel I have actively chosen for myself, and which parts seem to be shaped by external influences or circumstances?

Answer:

8) When I act, how much responsibility do I truly have for the outcome?

Answer:

9) How do I discern my inner voice of wisdom from fear or ego?

Answer:

10)How do I balance self-acceptance with the drive to grow?

Answer:

Deeper Explorations (Optional)

11)If awareness can watch thought, is awareness my truest identity?

Answer:

12)How do trauma or shadow aspects influence the self I show the world?

Answer:

13)Can I experience freedom even if my external life feels constrained?

Answer:

14)In what ways might our sense of “self” be something we construct moment by moment, rather than something fixed or permanent?

Answer:

15)How does my view of identity affect how I treat others?

Answer:

16)What would remain if every label and role were stripped away?

Answer: