

How the Planetary Shift to Stress is affecting ME

What treatments or approaches have I used to help me deal with depression or improve my mood?

Which ones were helpful/not helpful? If I stopped, why?

What things in my life have caused me to feel the most uncertain, insecure or stressed over the past few years?

Which of these uncertainties have contributed most to feelings of discouragement or hopelessness?

What are the things in my life now that cause the most overwhelm, frustration, or anxiety?

On a scale of 1 (very low) to 5 (very high), how quickly do I become triggered?