



Oregon Somatic Therapy

Re-awaken your body's wisdom to heal trauma and restore goodness

Question for Your SoulCollage® Card!

Suzie Wolfer LCSW © 2007

Imagine your card was appearing on Oprah and she was asking questions of the person or people, or even animals on your card. How would they answer?

1. What are you good at doing?
2. What makes you laugh? Cry?
3. What makes you angry?
4. What do you fear? What is your worst fear?
5. What would be the most rewarding thing you could imagine doing with your life?
6. When did you come into my life and for what purpose at that time?
7. What is your favorite color because . . .
8. Your favorite food because . . .
9. How do you like to dress because . . .
10. What's your idea of a perfect vacation because . . .
11. What do you think of my (best friends, husband, children . . .)?
12. Who do you like least and most in my life?
13. What do you think of my: career, health, life style, hair style, hobbies, friends, family, children, finances, food intake, use of alcohol/drugs?
14. What would you like more of? Less of?
15. What would be a perfect life?
16. What is your mission or purpose?
17. What are your hopes? Dreams?
18. What do you do when I'm not aware of you? What are you working on? Working for?
19. What inspires you?
20. What else would you like me to know?

