When Your Head and Heart Don't Agree

Learning to listen, question, and choose with intention

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DAY 1: What Do I Know?

When you think about a decision or situation that feels unsettled, what do you know for certain?

- What facts can you separate from your assumptions?
- What are you predicting without evidence?
- What information might you still need?

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DAY 2: What Do I Feel?

What feelings or physical sensations come up when you think about this situation?

- What happens in your body when you imagine saying yes?
- What happens when you imagine saying no?
- What might those reactions be trying to tell you?

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DAY 3: Is This Present or Past?

Does anything about this situation remind you of an earlier experience?

- When have you felt something similar before?
- How might that past experience be shaping your reaction now?
- What is different about your current situation?

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DAY 4: What Am I Protecting?

What are you trying to protect through the choice you are leaning toward?

- Are you protecting your peace or avoiding discomfort?
- Are you protecting a relationship or your need for approval?
- What would change if you did not have to keep everyone happy?

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DAY 5: What Matters Most?

What choice feels most consistent with your values and the person you want to become?

- What matters more than immediate comfort in this situation?
- What would you choose if you trusted yourself to handle the outcome?
- What new evidence could this decision help you build about yourself?

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REFLECTION

What have you discovered about the way your head, heart, and past experiences influence your decisions?

- Which inner voice have you been giving the most authority?
- Where could curiosity help you respond differently?
- What would it look like to listen to yourself without automatically obeying every thought or feeling?