



# ACE Aware NL

Awesome after Adverse Childhood Experiences

## Compassionate Inquiry

A compassionate quest for the inner story behind what we, as humans, show the outer world with our behaviours, views, and emotions

**Allow yourself a beautiful notebook. In the front, as a reminder, you put the six questions below. You answer these questions one by one on the following pages. Preferably you do this every day or every few days, but at least once a week. The answers are for your eyes only.**

**In the therapeutic relationship, healthcare providers can most compassionately and effectively be at their clients' side if they personally went (and rather remain going) through this quest as well.**

**Wishing for much dis-covering, healing gentleness and growth for you, your dears or your clients!**

(These questions come from Chapter 28 of 'The Myth of Normal', the book published in the late summer of 2022 and written by Gabor Maté and his co-author and son Daniel Maté. The Dutch translation, 'De mythe van normaal', is available as of early December 2022.)

### Question 1:

In my life's important areas, what am I not saying no to, although I do feel a no?

### Question 2:

How does my inability to say no impact my life?

### Question 3:

What bodily signals have I been overlooking? What symptoms have I been ignoring that could be warning signs, were I to pay conscious attention?

### Question 4:

What is the hidden story behind my inability to say no?

### Question 5:

Where did I learn these stories?

### Question 6:

Where have I ignored or denied the yes that wanted to be said?