



Chapter 2

THE EMPTY CUP

1.

What happened inside of you today?

What did you observe yourself feeling, thinking, saying and doing?

2.

Where are you holding a judgment against someone or some situation?

What comes up for you when you think about letting that go?

3.

What thoughts do you return to again and again?

About yourself, life, others? Where does your mind get stuck?

4.

What are your cultivated methods of coping with discomfort and challenging people or situations?

When do you shut down or blow up?

5.

What does it mean to you to empty your cup?

How might you practice creating mental space?