

Mirrored Self-Positioning Test

8 key questions for the Field of Connection

Pillar 1: Emotional Awareness

1. Can you remember the last time you felt a strong emotion? What caused it?
2. How do you usually react when emotions get too much for you? Do you try to ignore or understand them?

Pillar 2: Cognitive Awareness

3. How often do you stop and think before you act on your thoughts? What helps you make decisions?
4. Think of a recent time when you changed your mind. What made you change it?

Pillar 3: Relational Awareness

5. When you talk to others, do you focus more on their feelings or your own?
6. When there's a disagreement, what do you aim for—solving the problem, staying connected, or understanding each other?

Pillar 4: Spiritual Awareness

7. What beliefs or practices help guide you in life and make decisions?
8. How do you find peace or a sense of connection with something bigger than yourself? What does it teach you about what's important to you?