

Wonder Anew



Wonder Anew is a listening and question-guided practice for processing difficulty.

Answering the questions is like being a researcher investigating and exploring an incredibly significant matter—you and your difficulty. The difficulty can be big or small. It can be a difficult relationship with a person, thing, or experience.

Begin with quiet and stillness. Focus on your breath for a few minutes.

Be curious.

Most important—*approach this with kindness and warmth.*

Answer every question. Get a paper and pencil. (This is not about being a good writer.) Write "1." Answer that question. Write what comes to you. Then "2." Answer. And so on.

IMAGE: After high winds and drenching rains, I decided to see how the Great Horned Owlets were handling the difficult weather. I hid low in the brush. Through my camera lens, I saw, just like me, the sweet baby owls were wet, windswept, crouched, with eyes wide.

The Wonder Anew Questions

1. What is your difficulty?

Begin with "I..." or "My..." In other words, use a first person narrative and describe your difficulty.

2. What feelings arise?

Feeling takes courage because it invites you to get in touch with what hurts. A *Feelings List* might be helpful.

3. How is your difficulty affecting you?

Let your experience tell you how your difficulty is showing up in your body and mind. What is the story you're telling yourself about this problem? How are you coping?

4. What is your part in the difficulty?

This question helps uncover your participation in the difficulty and is a reminder that we can work with *our* beliefs, *our* thoughts, *our* feelings, *our* words, and *our* actions.

5. What are you learning about yourself?

Be curious about what helps and what hinders. Write about your habits and patterns, realizations.

6. What can you shift in your perspective?

Let yourself play with a new perspective by looking at your experience from another point of view, another point in time, or as another person in a similar situation.

7. How do you choose to work with your difficulty?

Think of your chosen response as an experiment that does not escalate your difficulty nor polarize or harm you or others.

8. What might you learn from your difficulty?

This question suggests that we can benefit from all experiences, even difficult one