

7 WHYS DEEP EXERCISE

THOUGHTFUL POURS | @asliceofsarahbeth

EXAMPLE

MY CONVERSATION STARTER

I really love to eat sweets all of the time

1

why do I like to eat them so much?

because they make me feel comfortable and happy

2

why do they make me feel this way?

because I feel like it's the only thing I can control right now

3

why do I think this is true?

because everything is chaotic and uncertain, I can't control what's happening

4

why do I feel like I need to have control?

because having control means I can manipulate the situation to my benefit

5

why is this important to me?

because life isn't fair so I want to get all I can out of it

6

why do I feel this way?

because growing up we didn't have a lot of money and I was teased for it

7

why is money important to me?

because money equals happiness and safety