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## 10 Questions to Cope with the Inevitability of Change

inspired by adrienne maree brown's [holding change](#) and tricia hersey's [rest is resistance](#)

1. What patterns of fear, anger, or uncertainty were activated by change? What did those teach me about myself and what am I called to heal?
2. What internal walls have shifted? How have I uncovered the universe that dwells within me? How have I become unstuck?
3. Who am I becoming as I move through change? How have I evolved through changes that were beyond my control?
4. What story am I telling myself? What is a more liberating story I can tell?
5. How can I create space for myself and my community to heal?
6. How can I create rest in this moment?
7. What has brought me joy? How can I follow my yes, and center my pleasure?
8. What is something I am proud of myself for?
9. What's on my growing edge; what do I feel called to explore further?
10. How have I seen my own experiences mirrored through patterns in larger groups of people through my role as a facilitator?

Aligned readings:

- Page 1 of [parable of the sower](#) by octavia butler
- Page 15 of [inward](#) by yung pueblo
- Pages 77 + 76 of [inward](#) by yung pueblo
- Pages 182-183 of [fables and spells](#) by adrienne maree brown
- [Seasons of leadership](#) by Ayni Institute

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