

M I N D E X P E R I M E N T

Which "advisors" are conflicting?

When you find yourself internally divided as to which way to go in a situation, ask yourself:

What do my thoughts say I should do?

What do my feelings want to do?

What does my body want to do?

What does my intuition say to do?

What would my father want me to do?

What would my mother want me to do?

What did the books I read say to do under these circumstances?

What does society say you're supposed to do in this situation?

What would the person I respect the most do in this situation?

What would God's preference be in this situation?

Then you note which of these advisors are conflicting with which. This pattern of conflict may be an habitual one in your head, or may just apply to one type of situation.