24. The core reflection model (Figure 9.1)

Using the core potential
How can you enact your core potential and let go of the obstacle?

**Reflection on obstacle**
How do you limit or block yourself?

**Trying a new approach**

**Describing a concrete situation**
What was your problem?
What did you encounter?

**a. Reflection on ideal**
What did you want, what was your desire?

**b. Reflection on core quality or qualities**
What core qualities are you aware of?