**What do you feel?**

Using the elevator - short

Feeling 1

Using the elevator - short

Feeling 2

**What do you experience?**

Using the elevator - short

Feeling 3

Using the elevator - short

Feeling 4

**How does this affect you?**

Using the elevator - short

Feeling 1

Using the elevator - short

Feeling 2

**Formulate your own feeling question.**

Using the elevator - short

Feeling 3

Using the elevator - short

Feeling 4

**What are you thinking?**

Using the elevator - short

Thinking 1

Using the elevator - short

Thinking 1

**What do you think about this?**

Using the elevator - short

Thinking 3

Using the elevator - short

Thinking 4

**What thought comes up in your head?**

Using the elevator - short

Thinking 3

Using the elevator - short

Thinking 4

**Formulate your own thinking question.**
What do you want?

What is your ideal?

What is your desire?

Formulate your own wanting question.