**Inspire Your Career**

**More Questions to Contemplate with the Five Whys**

It can be hard to really assess yourself and understand why you are the way you are. Here are some more questions you can explore:

1. Is there any childhood experience or situation that had a distinct and significant impact on me?
2. Did I suffer any trauma in my life that is impacted me now?
3. Is there certain behavior that I notice about myself that is constant or repetitive?
4. Did I learn a behavior when I was growing up that impacts my actions now?
5. Am I grieving for something that I have lost (e.g. culture, opportunity, security, etc.)?
6. Am I grieving for someone?
7. Do I feel inadequate? Why?
8. Do I lack confidence because I was never praised?
9. Am I overconfident because I was always praised?
10. Do I cling to people? Do I cling to objects? Do I cling to control?