

"when you think you've reached the bottom, go deeper."
the 5 sacred questions

these questions help you dig to the root of any pattern, wound, or trigger. use them instead of asking "why" – which keeps you circling in victim mode. these keep you objective and systematic.

social integration, being human 101
by jordi amat

1. what did you feel when this happened?

not what you thought. not the story. what was the feeling?

- what was underneath that feeling?
- and what was underneath that?
- keep asking "what else did i feel?"

2. who made you feel that way?

not whose fault it was. who was involved in the situation?

- who else was there?
- who did this person remind you of?
- who else has made you feel this way?

3. how did it happen?

not why. what were the specific events and actions?

- how exactly did it unfold?
- what happened first, then next?
- how did your body respond?

4. when did it happen?

not just the recent trigger. when did you first feel this way?

- how old were you?
- what else was happening in your life then?
- when have you felt this exact same way since?

5. where did this happen?

not just the location. what was the environment?

- what did the space feel like?
- where in your body do you feel it?
- where else have you experienced this pattern?

going deeper

after answering all five, keep going:

– "what's underneath that?" – keep asking until you can't go deeper

- "and then what happened?" – follow the thread forward in time
- "and how did that make you feel?" – always return to the feeling
- "what did you believe about yourself because of that?" – uncover the core belief
- "where else did you feel that?" – find the pattern

the cycle

identify pattern → ask the 5 questions → go deeper → feel it fully → ask again → repeat until natural release → integrate and rest

the process ends on its own. from a natural form. not because you say so.

how do you know you're done?

you've reached the bottom

- natural release – crying, shaking, sighing
- sudden calm or spaciness
- can't remember what you were digging on
- feeling of completion in the body
- deep peace settles in

you stopped too soon

- intellectual understanding but no release
- still triggered by the pattern
- rushed to finish
- decided with your mind "i'm done"
- still feeling charge in the body

session setup

before: 60-90 minutes. private, quiet space. journal and pen. ground yourself. set the intention: "i'm willing to go to the bottom."

during: stay with the 5 questions. when tempted to ask why, return to what/who/how/when/where. keep going deeper. feel, don't just think. let yourself release.

after: journal what came up. rest. ground. drink water. be gentle.

bypassing red flags

you're bypassing if you:

- stop after 5-10 minutes
- intellectualize instead of feel
- immediately feel "better" without release
- jump to solutions or fixes
- spiritual bypass – "it's all love!"
- decide you're "ready" to stop instead of natural completion

journal template

date: _____

pattern/trigger: _____

round 1

1. what did i feel? _____

2. who made me feel that? _____

3. how did it happen? _____

4. when did it happen? _____

5. where did this happen? _____

what's underneath that? _____

round 2

1. what did i feel then? _____

2. who was involved? _____

3. how did it unfold? _____

4. when was this? _____

5. where was i? _____

keep going deeper...

"you can't heal with the bullet still inside."