

Approaching Reality: What Still Makes Sense and What No Longer Fits

"I'm starting to pick up the pieces of my old life and work,
and figure out what still makes sense and what no longer fits."

- Anya Kamenetz, NPR reporter

Realm	What Still Makes Sense & Why	What No Longer Fits & Why
Physical self		
Food, drink, exercise		
Location		
Living situation		
Coping/self-soothing methods		
Beliefs about self		
Beliefs about others		
Beliefs about how the world works		
Beliefs about money		
Beliefs about work		
What I do with my time at work		
What I do with my non-work time		
Relationship with self		
Relationship with partner		
Relationship with children		
Relationship with family members		
Relationships with friends		
Relationships with acquaintances		
Values		
Priorities		