

The art of emotional defence

empty cup



Reflective Questionnaire

What these questions are really about.

Before you jump into Empty Cup, these questions are here to help you pause, tune in, and check how you feel about things.

They're not some test or checklist to pass - they're just a way to see where you're at.

They'll get you thinking about things like:

- Are you OK with stepping out of your comfort zone?
- Can you handle a bit of discomfort without bailing?
- Are you open to shifting habits or seeing things differently?

These aren't about being perfect—they're about being honest with yourself and figuring out if this path matches your energy.

Doing it for YOU

This is a personal thing—it's not about impressing anyone or meeting someone else's expectations. These questions help make sure you're doing it because it feels right, not because you think you should.

How to use them

Print them out, make yourself a brew, and spend some time with each one. If most of your answers are 'yes,' it's a solid sign you're ready to jump in. If not, that's fine - maybe take a beat and think about what needs to shift before you commit.

Max

Reflective Questionnaire

1. Am I open to change and willing to embrace discomfort as a path to growth?

Growth is rarely comfortable. It often requires stepping outside what feels safe or familiar. Are you ready to challenge assumptions, adapt, and evolve even when it feels uneasy?

2. Am I prepared to challenge my current habits, beliefs, and limitations?

Some habits or perspectives may be holding you back. Are you willing to question them and replace them with something that serves you better, even if it's difficult?

3. Do I have the determination to keep going, even when progress feels slow or difficult?

There will be times when improvements seem invisible, or setbacks feel frustrating. Can you push through, trusting that persistence will lead to results over time?

4. Can I commit to making time and space in my life for consistent practice?

Growth isn't accidental—it requires intention and consistency. Are you ready to make empty cup a priority, even when life gets busy?

5. Am I willing to approach this with humility, acknowledging that I might not always succeed immediately?

Failure is part of learning. Are you willing to accept mistakes without frustration, knowing that they are stepping stones rather than roadblocks?

6. Do I value the process of learning and growing as much as the results?

The journey itself matters as much as the destination. Do you find meaning in the daily practice, small improvements, and personal transformation?

7. Can I dedicate myself to this path without being discouraged by setbacks or obstacles?

Obstacles will arise—mental blocks, uncomfortable emotions, distractions, moments of self-doubt. Can you find ways to stay committed even when challenges appear?

8. Am I ready to be patient and accept that true transformation requires effort over time?

Lasting change doesn't happen overnight. Do you have the patience to allow yourself time to grow, knowing that each small step moves you forward?

9. Do I genuinely want to undertake this journey for myself, not for the expectations of others?

Motivation must come from within. Are you choosing this path because it resonates with you, rather than to impress others or meet someone else's standards?