



A Seven-Day Practice of Changing the Question



A different question can create a different way of seeing. A different way of seeing can create a different way of acting.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
From "Why me?" to "What is happening?"	From "Who is right?" to "What might I be missing?"	From "What went wrong?" to "What can I learn?"	From "What should have happened?" to "What can happen now?"	From "Is this good or bad?" to "What else is true?"	From "Will this always be this way?" to "What will change?"	From "What does this mean?" to "What meaning will I give it?"
Instead of: Why is this happening to me?	Instead of: Who is right in this situation?	Instead of: Why did I mess this up?	Instead of: This shouldn't have happened.	Instead of: Is this good or bad?	Instead of: Will I always feel this way?	Instead of: What does this mean?
Ask: What is actually happening here?	Ask: What might I be missing?	Ask: What can I learn from what happened?	Ask: Given that it happened, what can happen now?	Ask: What else is true about this?	Ask: What is likely to change?	Ask: What meaning will I give this experience?
						
Daily practice: Describe one frustrating event using only what you observed—no stories or blame.	Daily practice: In one disagreement, identify one thing the other person might see that you don't.	Daily practice: At day's end, name one thing this experience taught you.	Daily practice: Take one disappointment and write down three possible next steps.	Daily practice: Find one experience and write down two truths that can both be true.	Daily practice: Choose something in your life and complete: "This is now. What may be different later is ____."	Daily practice: Choose one event from the week and ask: What do I want to carry forward from this?

Recall • Notice • Change • Explore • Choose

5–10 minutes a day to shift perspective and act with intention.

Monday — From "Why me?" to "What is happening?" When something difficult happens, replace: "Why is this happening to me?" with: "What is actually happening here?" This separates the event from the story you immediately tell yourself about it. Daily practice: Choose one frustrating event from the day. Describe it in three sentences using only what you could actually observe—without assigning motives or blame.	Tuesday — From "Who is right?" to "What might I be missing?" Instead of: "Who is right in this situation?" ask: "What might I be missing?" This creates room for another perspective without requiring you to abandon your own. Daily practice: Take one disagreement and identify one thing the other person might see that you don't.
Wednesday — From "What went wrong?" to "What can I learn?" Instead of: "Why did I mess this up?" ask: "What can I learn from what happened?" The emphasis moves from judgment to information. Daily practice: At the end of the day, identify one event that didn't go as planned and complete: "One thing this experience taught me is ____."	Thursday — From "What should have happened?" to "What can happen now?" Instead of repeatedly comparing reality with what you wanted: "This shouldn't have happened." ask: "Given that it happened, what can happen now?" This moves attention from an unchangeable past toward possibilities for action. Daily practice: Take one disappointment and identify three possible next steps, even if none of them is ideal.
Friday — From "Is this good or bad?" to "What else is true?" Instead of forcing an experience into a single category: "Is this good or bad?" ask: "What else is true about this?" For example: "I'm disappointed—and I'm also learning something." "I'm angry—and I still care about this person." "This is difficult—and it isn't permanent." Daily practice: Find one experience and write down two truths that seem to contradict each other but can both be true.	Saturday — From "Will this always be this way?" to "What will change?" This is an especially natural place for gam zeh ya'avov — "this too will pass." Instead of: "Will I always feel this way?" ask: "What is likely to change?" The question applies to difficult experiences and pleasant ones alike. Daily practice: Choose something happening in your life and complete: "This is how things are now. What may be different later is ____."
Sunday — From "What does this mean?" to "What meaning will I give it?" Instead of assuming that every experience contains a predetermined meaning: "What does this mean?" ask: "What meaning will I give this experience?" This makes meaning something we participate in creating.	