

FRIEDERIKE PETERS

QUESTIONS FOR FREEDOM

TRANSFORMING
VICIOUS THOUGHT CYCLES
& EMOTIONAL TRIGGERS

Adaptation from the book "The Stack" by Dr. Alexander Madaus

and "The Work" by Byron Katie

plus

some Fedi Magic

There is a podcast episode I dedicated to this specific process. You can find THE SOUND OF YOU podcast, episode 40, on your favorite podcast platform, or just go to buzzsprout.com/2025106.

PREFACE

This process will change your life substantially.

You will free yourself from vicious emotional and mental cycles and gain insights that will last you for a lifetime. I recommend doing this process especially when you are stuck in thought patterns, which trigger a cascade of burdening emotions, which then again trigger negative thoughts...

This process is about being 100% honest. The result and the process itself are meant for nobody else but you: Your **Growth**. Your **Insights**. Your **Wisdom**. Your **Happiness**. Your **Peace**. Your **Success**. Your **Relationships**.

Of course, it's up to you whether you want to share your writings or insights with other people. But mainly, this is as private as your diary.

There are no age restrictions or special requirements for this process. The only requirements are: (1) you are human, (2) you have emotions and thoughts, and (3) you can read and write. And:

**You are ready and willing to questions yourself in order
to create real, lasting change in your life.**

In his book, Dr. Alexander Madaus recommends writing about yourself in the third person. That is: Using your first name, instead of "I". In my experience however, this is not absolutely necessary. Try for yourself!

IMPORTANT: Take time to go through and complete the process in one time frame. Going through it can easily take up to an hour, depending on how experienced you are with it and how complex and extensive your thoughts and emotions are. Do not interrupt this process to "come back to it later". You will rob yourself of momentum - and you'll have to start over next time.

Repeat this process over and over, and experience how much faster you become and with how much new awareness and clarity you face people and situations in your daily life.

Have fun!

Trigger/ Title: _____ **Date:** _____

Which area of your life is concerned?: _____

Who is this about? Who triggered you? _____

(this could also be yourself)

Which emotions best describe your current feeling state?

part 1: THE DARK

How did _____ trigger these emotions in you?

If, at this moment, you could say something to _____ what would you say? *(Write exactly as if you were speaking. Use CAPITAL LETTERS for screaming, if you want.)*

If, right now, you could force _____ to say, feel, or do something, what would it be?

Without filters or holding back: What are you thinking about _____ right now?

What do you never want to experience with _____ again?

part 2: THE DRIFT

What are the facts of the situation that triggered you? What actually happened?

(Keep your judgement and interpretation out. Look at the situation from the outside.)

What is the story that you tell yourself (and others) based on these facts?

(Your interpretation, judgements and conclusion about yourself and/or others)

Describe the emotions that this story triggers in you:

Describe your thoughts, or desires for specific action steps that this story triggers in you:

What proof do you have that this story is true?

What would be possible for you, if the story was not true?

(What would change, how would you or could you think/ act/ feel?)

Is this story true?

Are you 100% sure that this story is true?

If you disregard the strong emotions associated with this story, what do you really want in this situation - for yourself, for the other person, overall?

part 3: THE SHIFT

What is the "I-version" of the original story?

(e.g. instead of Michael doesn't trust me. -> I don't trust Michael OR I don't trust myself.)

What proof do you have for this version of the story?

What is the FLIPPED Version of the original story? (e.g. instead of "Michael doesn't trust me" -> Michael trusts me.)

What proof do you have for the flipped version of the story?

What is the DESIRED / ideal version of the original story? (e.g. instead of "Michael doesn't trust me." it could be: "Michael trusts me." (same as flipped) or "Michael and I trust each other." etc.)

What proof do you have for this version of the story?

Which version of the story gives you what you want?

Is there an action you would like to take, based on this insight?

What emotions best describe your current feeling state?

How awesome that you made yourself the gift of growth!
You, and the world around you, will benefit from these insights.

Do you have questions, or can't seem to resolve your triggers?

No Problem!

Nothing is impossible in my world.

Email me to

friederike.peters@posteo.de

or write me via Instagram

http://www.instagram.com/friederike.peters_official

and benefit from my exclusive 1:1 Coaching.

On my website [THESOUNDOFYOU.ME](http://thesoundofyou.me), you will find more information on my offerings and services, such as Sound Channeling or Voice Activation Coaching. You can also book tickets to workshops, or learn something about my background and history.

Last but not least:

I strongly encourage you to check out my podcast

The Sound of You

you can find it on your favorite podcast platform

PS: If you understand German, please check out [THE STACK](#) by Dr. Alexander Madaus, which doesn't just provide explanations, but also many original stacks written by male entrepreneurs.