5 Whys

Allow around 15 minutes for the exercise. Firstly, spend around 2 minutes identifying a specific problem you are struggling with, write it down in a clear concise statement eg "I'm constantly worrying about what others think":

_____

Now ask, why the issue exists and keep repeating the question – continue asking "why" for each answer, digging deeper:

1_____
2_____
3_____
4_____
5_____

By the fifth "why," you often uncover the underlying belief or experience driving the issue, keep going if you feel you haven't reached the root cause:

_____

_____

Reflect on the root cause (3 minutes): Look at your final "why" answer. Does this feel like the root of the problem? Reflect for a while, what are your thoughts and feelings?

Take action (3 minutes): Now that you've identified the root cause you know what you're working with and can focus on solutions.

Important: the goal isn't always to solve the problem completely in 15 minutes, but to gain a deeper understanding that can guide your actions moving forward.

Good luck!