

Raw Self-Reflection Prompts

by Pedro Lima

Awareness of Self-Betrayal:

Where do I silence my truth to maintain comfort, belonging, or perceived safety?

What values do I claim publicly but violate privately?

Where do I tolerate disrespect, manipulation, or distortion because confrontation feels threatening?

What parts of my life are built on obedience, compliance, complacency, and subservience rather than integrity?

Prioritizing Others Over Inner Truth:

Who benefits when I abandon my inner knowing?

Where have I confused loyalty with self-sacrifice?

In which relationships do I perform, manage, or appease instead of show up honestly and authentically?

What truth have I delayed speaking, and what is it costing me?

Confronting Fear & Shadow Patterns:

What am I afraid would happen if I fully claimed my autonomy?

Which fears keep me obedient: rejection, abandonment, punishment, invisibility, unworthiness, scarcity, loss of resources?

Where do I mistake survival strategies for character traits?

What emotions do I suppress because they threaten the image I curate?

Hidden & Denied Aspects of Self:

Which parts of myself feel “too much,” “not enough,” or unacceptable?

What traits do I judge harshly in others that I refuse to see in myself?

Where do I censor my truth to avoid being misunderstood and rejected by others?

What would I express if I were no longer managing others reactions?

Accountability Without Self-Punishment:

Where have I participated in harm through silence, compliance, pride, ignorance or avoidance?

How have I benefited from systems I claim to oppose?

Where do I outsource responsibility instead of owning my choices?

What would radical self-accountability look like without shame or self-attack?

Reclaiming Personal Power:

Where do I give authority to titles, credentials, or perceived status instead of raw inner truth?

Who or what do I unconsciously seek permission from?

How do I confuse guidance with submission

What does self-trust require me to stop doing?

Integrity vs. Illusion:

Where does appearance matter more than alignment?

What “success” have I chased that left me hollow or disconnected?

Which roles do I cling to because they protect my identity, not my integrity?

If no one were watching, what would I change?

Courage & Shadow Witnessing:

What truth am I still negotiating with instead of accepting?

Where do I justify, explain, or intellectualize instead of feel?

Can I sit with discomfort without needing to fix, escape, or blame?

What part of me is asking to be acknowledged rather than corrected?

Embodied Transformation:

What behavior must change, not my intentions, but my actions?

What boundary am I avoiding because it will disrupt an illusion?

What will I lose if I live in full alignment—and why does that scare me?

What is one non-negotiable action that honors my highest truth **now**, not someday?

How to Work With These Prompts:

Write without editing. Let it be messy, confronting, and real. Let it be as it is without filtering or polishing the words.

Notice where resistance, defensiveness, or numbness appears, that's the doorway.

Return to the same prompts over time; truth reveals itself in layers.

Do not weaponize these questions against yourself, use them to **liberate**, not punish.

This is a **sovereign raw self-reflection**, not self-improvement performance for likes, clout, or appease a crowd, and is not spiritual ego polishing or bypassing.