Overcoming Obstacles IQ Matrix
Processing Questions

1. In exploring the **TYPES** of obstacles, what is/are your obstacle/obstacles? How do you know this to be true?

2. In exploring the **ORIGINS** of your obstacle, how did it start? Who or what perpetuates this problem?

3. In identifying the **DETAILS** of your obstacle, when did it happen? How did it happen? Where did it happen?

4. In determining the **CONSEQUENCES** of your obstacle, what would happen if you ignored it? When could it become a bigger problem? How does this affect you? How does this affect others? How does this affect life? Could resolving this cause other problems?

5. In regard to **CONTROL**, whose behavior do you control? What aspects of this problem do you control? What aspects of this problem can you not control? How must you respond to what you cannot control?

6. When you identify the **POSITIVES**, what is happening that is good? What would you liked to have continue to happen? Why?

7. As you gain **PERSPECTIVE**, what are your assumptions about this? How are your assumptions contributing to the problem? What is another perspective you have not considered? Who has successfully overcome this? What can you learn from this person?