

**Way of Inquiry**

**Phase 1**  
*Irritant*

- Live with it
- Can't quite put my finger on it

Internalize the "no" (rationalize the reasons it can't change)  
Accept the "no"  
Impose the "no"



**Phase 2**  
*Catalyst*

- outside influence
- internal influence
- tipping point

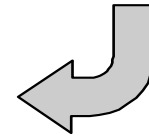
Prompts us to begin to ask questions



**Phase 3**  
*Awakening*

- become aware that there is the necessity or possibility of something different (dawn of hope)

Can't any longer ignore it



Hope vs. Despair



Choosing hope:  
-Gives rise to growth and our greatest humanity

Choosing despair:  
-Produces resignation and surrender



**Phase 4**  
*Action Step*

- now ready to ask the questions that have been suppressed



**Immobilization**  
*Absence of Growth or action*

- continue the current process

