



## Finding Our Balance Post-Election

### The 5 Why Process

When I reflect on the election of Donald Trump as President and the initial directives of his Administration I feel \_\_\_\_\_(write the emotion on this line)

1. Why do I feel this way (the emotion)?

2. And why does that (answer of #1) make me feel this way (the emotion)?

3. And why does that (answer of #2) make me feel this way (the emotion)?

4. And why does that (answer to #3) make me feel this way (the emotion)?

5. And why does that (answer to #4) make me feel this way (the emotion)?