

Gnomy Framework Reflection Questionnaire 1.0

Guided questions for deep reflection and insight within the Gnomy Framework
By Rickard V. Hultgren: Cultivating Emotional & Strategic Clarity

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1. Step 0: Grounding (FIND the LENS) — Find Your Inner Position

F – Feel your breath/urge

- What urge or impulse do I notice in my body right now?
- What emotions are beneath this urge (e.g., anger, fear, excitement)?
- What urge might others involved be experiencing that is like or unlike mine?

I – Introduce pause

- What else can I notice about my goals beyond the obvious ones?
- Which underlying or hidden goals might be influencing my reactions?
- What goals might others hold that I'm not fully aware of?

N – Notice urgency

- Which goals feel most urgent or pressing for me and for others involved?
- What is one small constructive action I can take right now to address these goals?
- What aspects of the situation are beyond my control, and how can I accept that?

D – Discern Stakes (and Divine Compassion)

- Who is experiencing the highest emotional stakes right now, and what emotions reveal this?
- Who faces the greatest physical vulnerability or potential harm here?
- What core values or sacred concerns feel threatened for those involved?
- How can I approach this understanding with deep compassion and humility for everyone?

Applying the LENS: Layered Emotive Narratives of Stakes

L – Loss (Past) vs. Legitimacy (Past)

- From my view: What past losses or harms do I perceive in this situation?
- From their view: What past actions do they believe were justified or deserving credit?

E – Effort (Present) vs. Entitlement (Present)

- From my view: What current challenges am I facing, and what effort am I making?
- From their view: What actions do they see as justified, and why do they feel entitled?

N – Nuisance (Future) vs. Necessity (Future)

- From my view: How might their future actions threaten or nuisance my goals?
- From their view: What future actions do they believe are necessary despite the impact on me?

S – Safety (My Goal) vs. Supremacy (Their Goal)

- What is my ultimate goal for safety and well-being in this situation?
- What seems to be their ultimate goal for control, dominance, or supremacy?

2. Step 1: Narrative of Emotion and Meaning

1.1 Narrative (LUX) — Explore Your Emotions and Their Roots

L – Longing

- What desires or hopes am I secretly longing for in this situation?
 - What “attractive features” or delights am I missing or feeling, and what emotions do they evoke?
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U – Usefulness

- How does this situation affect my sense of control, competence, or well-being?
 - What expected “performance features” are working or failing, and how does that make me feel?
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X – X-Friction

- What specific threats, irritations, or pressures am I experiencing right now?
 - Which basic needs or “must-be” features are unmet, causing frustration or anxiety?
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1.2 Others (CROWS) — Who Else Is Part of This Emotional Story?

C – Current others

- Who else is involved, and what might they be thinking or feeling right now?
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R – Retrospective self

- How would my past self interpret or feel about this situation?
- What lessons from past challenges apply here?

O – Optional future self

- What emotional legacy do I want my future self to see from this moment?
- What advice might my wise future self offer?

W – Wished-for others

- Are there people whose opinions I value or wish to impress here?
- What kind of connection or impact do I want to have with them?

S – Shared past

- What shared histories or experiences influence this moment for those involved?
- How does our collective past shape current emotions and dynamics?

3. Step 2: Reframe Through Shared Competence and Action

2.1 More (SPARK) — Uncover Resources, Strengths, and Options

S – Strengths

- What core strengths or positive qualities do I bring to this situation?

P – Possibilities

- What different paths or courses of action can I imagine, no matter how unconventional?

A – Assets

- What tangible and intangible resources do I have access to?

R – Resourced Relationships

- Who in my network can support or provide insight in this situation?

K – Knowledge & Experience

- What relevant lessons, frameworks, or facts do I already possess to guide me?

2.2 Yikes! (SAGE) — Face Risks, Limits, and Priorities

S – Spectrum

- **Scary:** What is the worst-case outcome if I take action?
- **Sufficient:** What minimum outcome would be good enough to move forward?
- **Successful:** What would a meaningful win look like here?

A – Actions

- **Avoidance:** What might I be tempted to avoid or delay, and what happens if I do?
- **Anchoring:** What steady actions can keep me resilient through stress?
- **Aspiration:** What bold or values-aligned steps can I take toward success?

G – Gauge

- Which actions are most urgent and important right now?
- What is the immediate next step I can take?

E – Evolution

- **Examine:** What feedback or new information am I noticing from my actions?
- **Evaluate:** What parts of my plan work well, and which don't?
- **Edit:** What must I adjust or let go of?
- **Expand:** What pain points have eased? What insights have I gained? Who was affected?
How will I share these insights with others?