

Kintsugi: Self-Reflection Questions

- ◆ How did you feel when you broke your bowl?
- ◆ What in your life serves as your gold epoxy?
- ◆ How could this kintsugi experience relate to self-compassion or healing?
- ◆ Did your bowl turn out exactly like you expected? What can be learned from that?
- ◆ Were there parts of the process that took longer than you expected? How could this relate to experiences in your life?
- ◆ As you created this bowl, what insights have you had? What meaning does this bowl hold for you?

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