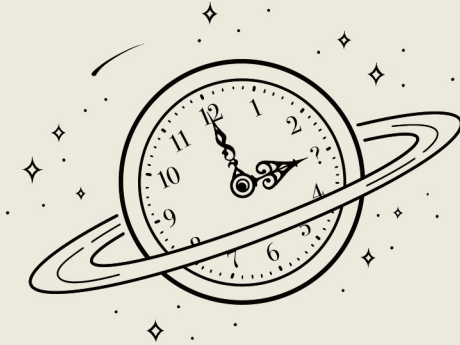


Annika Zimmermann

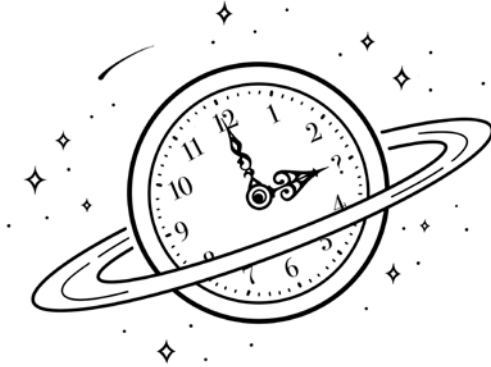


3 AM QUESTIONS

For Inspiring Conversations,
Growth & Self-Reflection

YES

Annika Zimmermann



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Growth & Self-Reflection

YES

Important note

This book covers sensitive topics. The following questions are of a very personal nature and can have different effects on different people. For certain individuals, this could be a trigger for negative emotions or thoughts.

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For Emily

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Foreword

People ask themselves questions every day. Many of them are not answered and many never will be. Some questions may be so difficult or complex that they seem not to have an answer. They are asked over and over again but nobody ever knows how to respond. And how could they?

There are also some questions that people just don't want to answer. These questions might make them feel very uncomfortable or remind them of situations or feelings they would rather forget, so they avoid saying anything. But above all, most of our questions remain unanswered because we never ask them out loud.

I do that, and each day more and more questions come to mind. Some of these questions are my constant companions and have been for years now. Every now and then I feel as if I've finally found a response, until it slips away and changes its appearance, just as I have changed mine throughout the years. The responses to these questions also change with my values, my attitude, and my mindset as life goes on. The fact remains, I haven't and never will have a definite answer to all of them which is overwhelming. I guess I'll just have to make peace with the fact that I might never have the answers to all of my questions.

3 AM QUESTIONS

However, I still feel that thinking about them and dealing with them is what's important. Whether you discuss them with someone you trust or lay awake thinking about them at 3 a.m., the key is to find a way to deal with these questions and not be discouraged if you can't find the answer right away. That's why I decided to write them down.

In this book, I share with you some of the big questions I've asked myself at one point or another; 333 of them, to be exact. They revolve around the thoughts that keep my mind busy. Some of them I've asked myself, some of them I've asked others, and many of them are meant to be asked of others, but I haven't gotten around to asking out loud yet. Some of them have been very meaningful to me, some of them still are, and some of them have had an impact on the people around me. However, they all remain. And now, they are here for you to read. You will enter my personal thoughts. Maybe you can relate to some of them. Maybe, they'll inspire you. Maybe they'll be the foundation of long conversations. Maybe they'll help you or maybe you won't feel so alone anymore when it comes to certain situations.

Either way, I hope you can take something away from this book that will help you along in life or even just in this moment – whatever that may be.



CHAPTER 1

Identity

3 AM QUESTIONS

What makes you you?

What happens
if your heart tells you one thing
but your head tells you another?

3 AM QUESTIONS

Do you control your thoughts
or do your thoughts control you?

Why are the promises you make to yourself
always the hardest to keep?

3 AM QUESTIONS

Have you ever had to make a choice
that broke your heart
but healed your soul?

Are you really happy

or just pretending to be?

3 AM QUESTIONS

When should you stop putting others first?

Does anyone ever genuinely know
what they're doing?

3 AM QUESTIONS

What memory makes you very sad
but also very happy at the same time?

Would your younger self be proud
of who you have become?

3 AM QUESTIONS

When do you feel happiest
in your own skin?

What is the most important lesson
you have learned in your life so far?

3 AM QUESTIONS

Who am I, really?

How often have you said *yes*
to something
when you'd rather have said *no*?

3 AM QUESTIONS

Is being able to keep secrets
a good or a bad thing?

What do you lose yourself in?

3 AM QUESTIONS

Do you ever wish you could feel the way you did
at a certain point in your past
just one more time?

How am I supposed to deal with all of this
if I can't even deal with myself?

3 AM QUESTIONS

Am I holding onto something
I actually need to let go of?