

## Interview questions for Mary Jo Fay

### *Get Out of Your Boxx – And Live the Life You Really Want!*

1. You spell the word Boxx with 2 x's. What's that all about?
2. So you see being stuck in a Boxx as suck in an ineffective behavior? Can it ever be a helpful thing?
3. Can you give us some examples of these Boxxes?
4. Tell me more about the Boxx of Workaholism.
5. You talk about the Boxx of "I can't." I'm sure a lot of folks can relate to that. I understand you teach your clients to change their expression to something else... what might that be?
6. You mention Boxxes that belong to someone else that we may get stuck in ourselves ... such as The Expectations of Others or Narcissism. Tell me more about that.
7. What about the Boxx of Perfectionism?
8. So how can we get Out of the Boxx?
9. You also mention how your words can direct your future. How does that work?
10. You talk about throwing out the word "try" from your vocabulary. Why is that?
11. But what about people who have had bad things befall them ... I'm sure it's harder for them to get "Out of their Boxxes, " isn't it?
12. You mentioned that your work all revolves around various types of relationships. What would you say is the most difficult relationship most people have?

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NOTE TO INTERVIEWER: Question 12 is a key piece of info, since the most difficult relationship most people have is THE ONE THEY HAVE WITH THEMSELVES! Until they make peace with themselves, their likelihood of staying In the Boxx remains substantially high!