

# Attachments and Aversions to Success

What is my now thought or feeling:

<p><i>What benefit is it to be successful?</i></p> <hr/>	<p><i>What drawback is it to be successful?</i></p> <hr/>
<p><i>What advantage is it to be successful?</i></p> <hr/>	<p><i>What disadvantage is it to be successful?</i></p> <hr/>

## Attachments and Aversions to Success (cont.)

<i>What do I get out of being successful?</i>	<i>What do I get out of not being successful?</i>
<i>Why I want to be successful?</i>	<i>Why I don't want to be successful?</i>

1. Imagine being successful all the time.  
(Measure yourself on a scale of 0–100% on how okay you are having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)
2. Imagine never being successful—ever.  
(Measure yourself on a scale of 0–100% on how okay you are not having it. See that whatever is in the way is your picture, and you're the owner. Say 'I love you' to it until it completely dissolves and you are 100% OK)