

Attachments and Aversions to Eating Down My Feelings

What is my now thought or feeling:

<p><i>What benefit is it to eat down my feelings?</i></p>	<p><i>What drawback is it to eat down my feelings?</i></p>
<p><i>What advantage is it to eat down my feelings?</i></p>	<p><i>What disadvantage is it to eat down my feelings?</i></p>

