Attachments and Aversions to Eating Down My Feelings

What is my now thought or feeling:

What benefit is it to eat down my feelings?	What drawback is it to eat down my feelings?
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What advantage is it to eat down my feelings?	What disadvantage is it to eat down my feelings?
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Attachments and Aversions to Eating Down My Feelings (cont.)

What do I like about eating down my feelings?	What do I dislike about eating down my feelings?
Why do I want to eat down my feelings?	Why do I not want to eat down my feelings?

- 1. Imagine eating down my feelings 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'l love you' to it until it completely dissolves and you are 100% OK)
- 2. Imagine never eating down my feelings again–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'l love you' to it until it completely dissolves and you are 100% OK)