

## Attachments and Aversions to Feelings

What is my now thought or feeling:

<i>What benefit is it to have feelings?</i>	<i>What drawback is it to have feelings?</i>
<i>What advantage is it to have feelings?</i>	<i>What disadvantage is it to have feelings?</i>

## Attachments and Aversions to Feelings (cont.)

<i>What do I like about having feelings?</i>	<i>What do I dislike about having feelings?</i>
<i>Why I want to have feelings?</i>	<i>Why I don't want to have feelings?</i>

1. Imagine always having feelings—forever.  
(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 having feelings—ever again.  
(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)