Attachments and Aversions to Escaping

What is my now thought or feeling:

What benefit is it to escape?	What drawback is it to escape?
What advantage is it to escape?	What disadvantage is it to escape?

Attachments and Aversions to Escaping (cont.)

What do I like about escaping?	What do I dislike about escaping?
Why I want to escape?	Why I don't want to escape?

- 1. Imagine always escaping—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 escaping—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'l love you' to it until it completely dissolves and you are 100% OK)