

INDULGENT EMOTION

1 How often do you feel overwhelmed, confused, worried, or anxious? Explain.

2 Pick the one you feel most often and give a specific example of when you feel it and why.

3 Do you believe you could go a day, a week, or a month without feeling this feeling? Why or why not?

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4 Do you believe you could go a day, a week, or a month, without indulging in this feeling?

5 Can you see a reason why you might want to keep indulging in this emotion?

6 What might it cost you if you do?
