

INDULGENT EMOTIONS

- 1** How often do you feel overwhelmed, confused, worried, or anxious? Explain.
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- 2** Pick the one you feel most often and give a specific example of when you feel it and why.
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- 3** Do you believe you could go a day, a week, or a month without experiencing 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?
