

BUFFERING FEELINGS

WHAT EMOTIONS DO YOU TRY TO AVOID HAVING ON A DAILY BASIS? LIST THEM HERE.

WHEN AND HOW OFTEN DO YOU NORMALLY EXPERIENCE THESE EMOTIONS?

HOW DOES DECIDING TO BUFFER AFFECT THESE EMOTIONS?

HOW DOES BUFFERING AFFECT THESE EMOTIONS? (NOT THE SAME QUESTION AS THE PREVIOUS.)

HOW DO YOU FEEL AFTER YOU HAVE BUFFERED? HOW DOES IT AFFECT THE EMOTION(S) YOU BUFFERED TO AVOID?

WHAT WOULD YOUR DAY BE LIKE IF YOU FELT THESE EMOTIONS INSTEAD OF BUFFERED?
