

# INDULGENT EMOTION

HOW OFTEN DO YOU FEEL OVERWHELMED, CONFUSED, WORRIED, OR ANXIOUS? EXPLAIN.

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PICK THE ONE YOU FEEL MOST OFTEN AND GIVE A SPECIFIC EXAMPLE OF WHEN YOU FEEL IT AND WHY.

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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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DO YOU BELIEVE YOU COULD GO A DAY, A WEEK, OR A MONTH WITHOUT INDULGING IN THIS FEELING?

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CAN YOU SEE A REASON WHY YOU MIGHT WANT TO KEEP INDULGING IN THIS EMOTION?

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WHAT MIGHT IT COST YOU IF YOU DO?

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