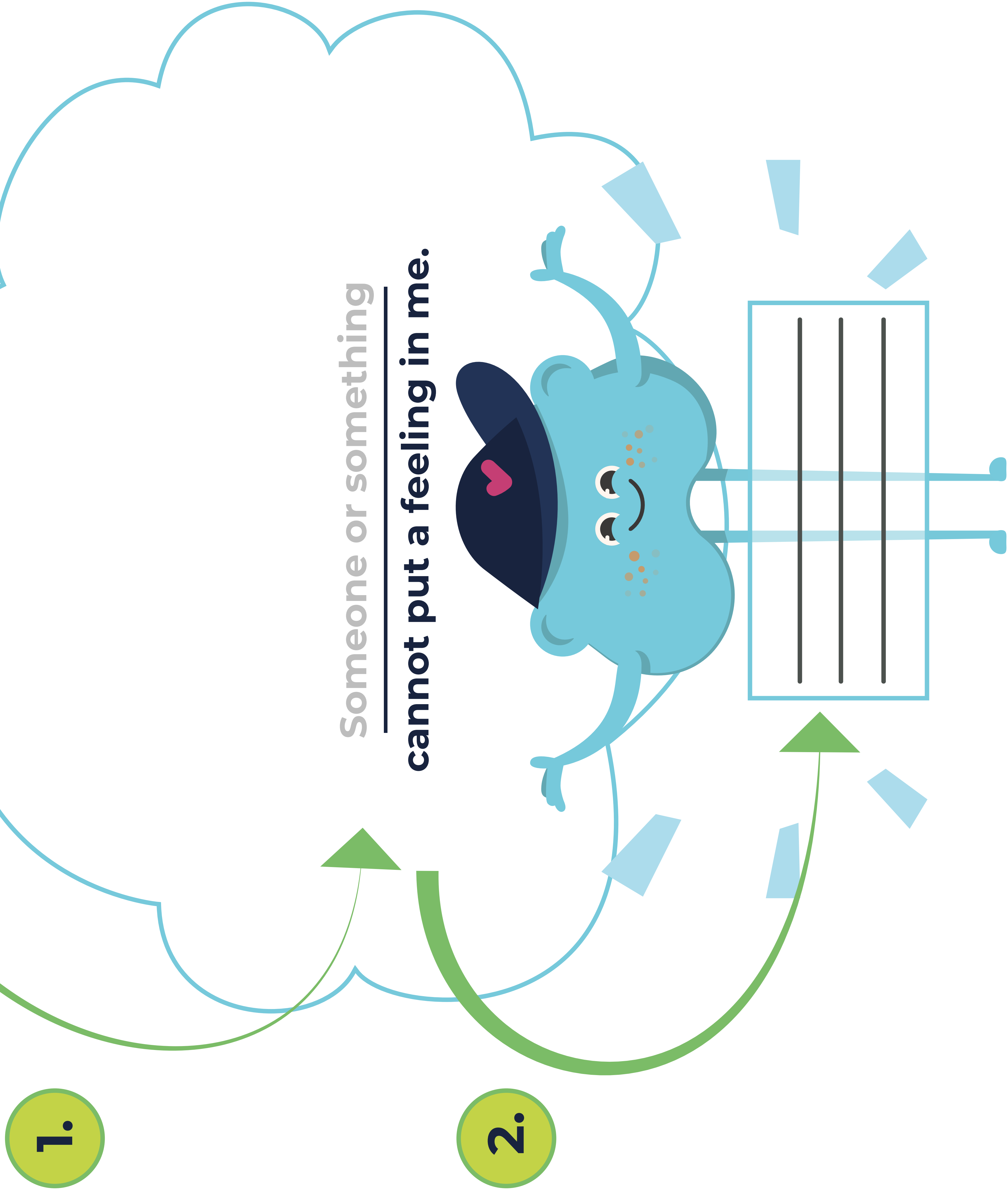


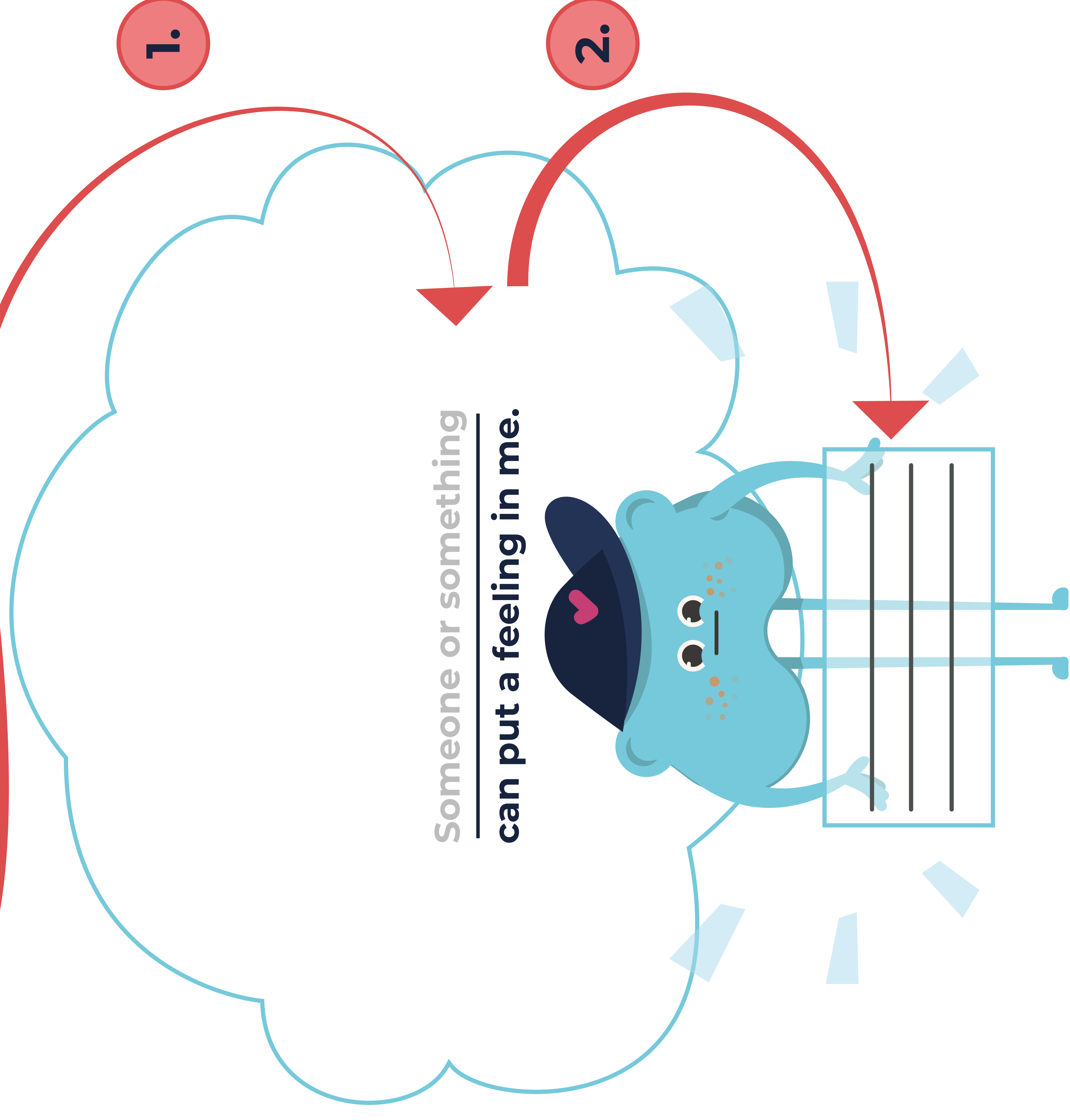
Do you think someone or something e.g. \_\_\_\_\_ is putting a feeling in you?

## No = Logic



Emotionally free / Secure / Connected / Wise  
thinking / Quieter mind / Naturally motivated / Not  
attached / Not conditional

## Yes = False Logic



Stuck / Insecure / Limited / Overthinking /  
Repetitive / Judgement / Vulnerable / Attached /  
Conditional

What have you attached your wellbeing to? \_\_\_\_\_