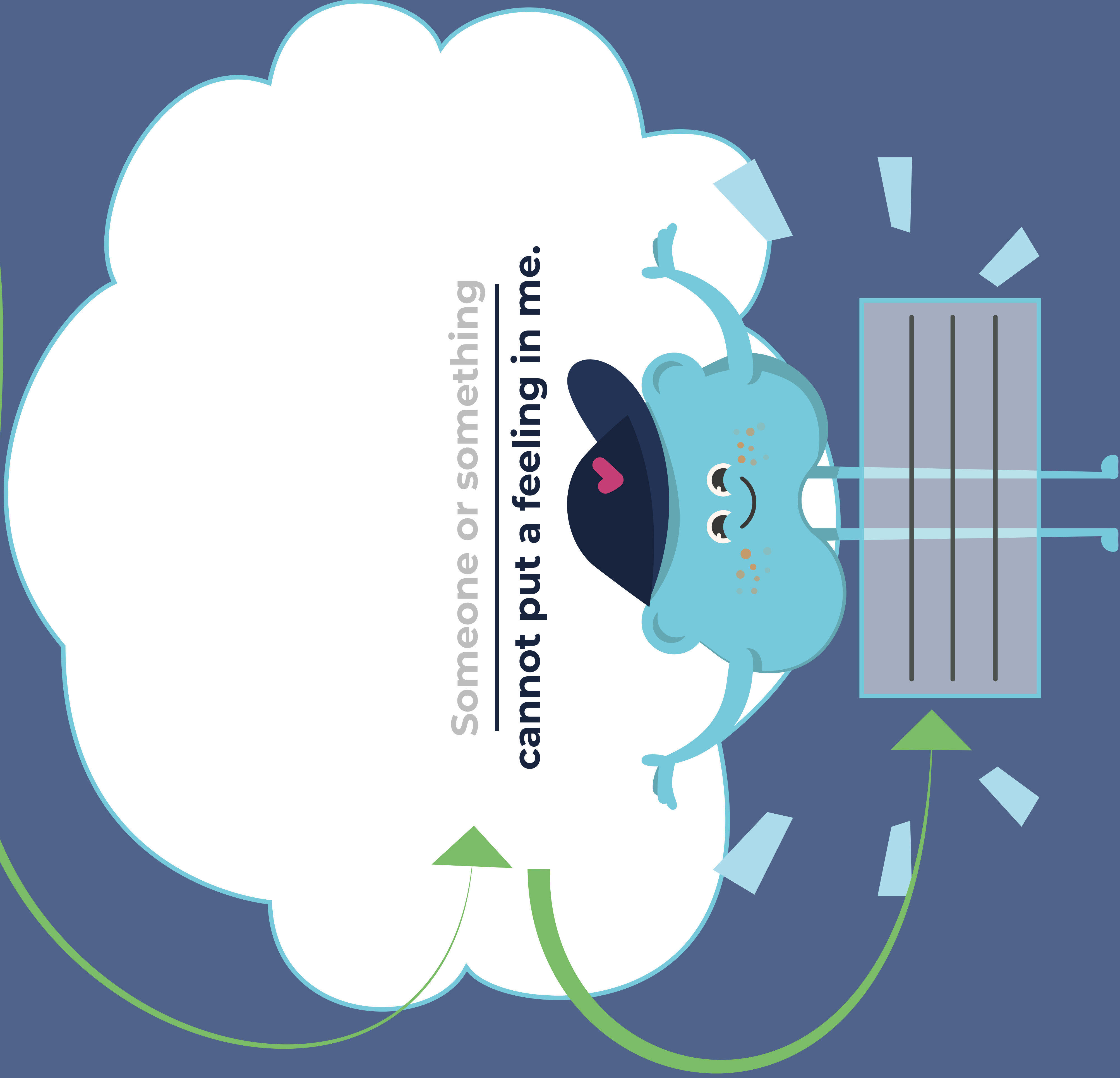


Do you think someone or something e.g. _____ is putting a feeling in you?

No ≠ Logic

1.



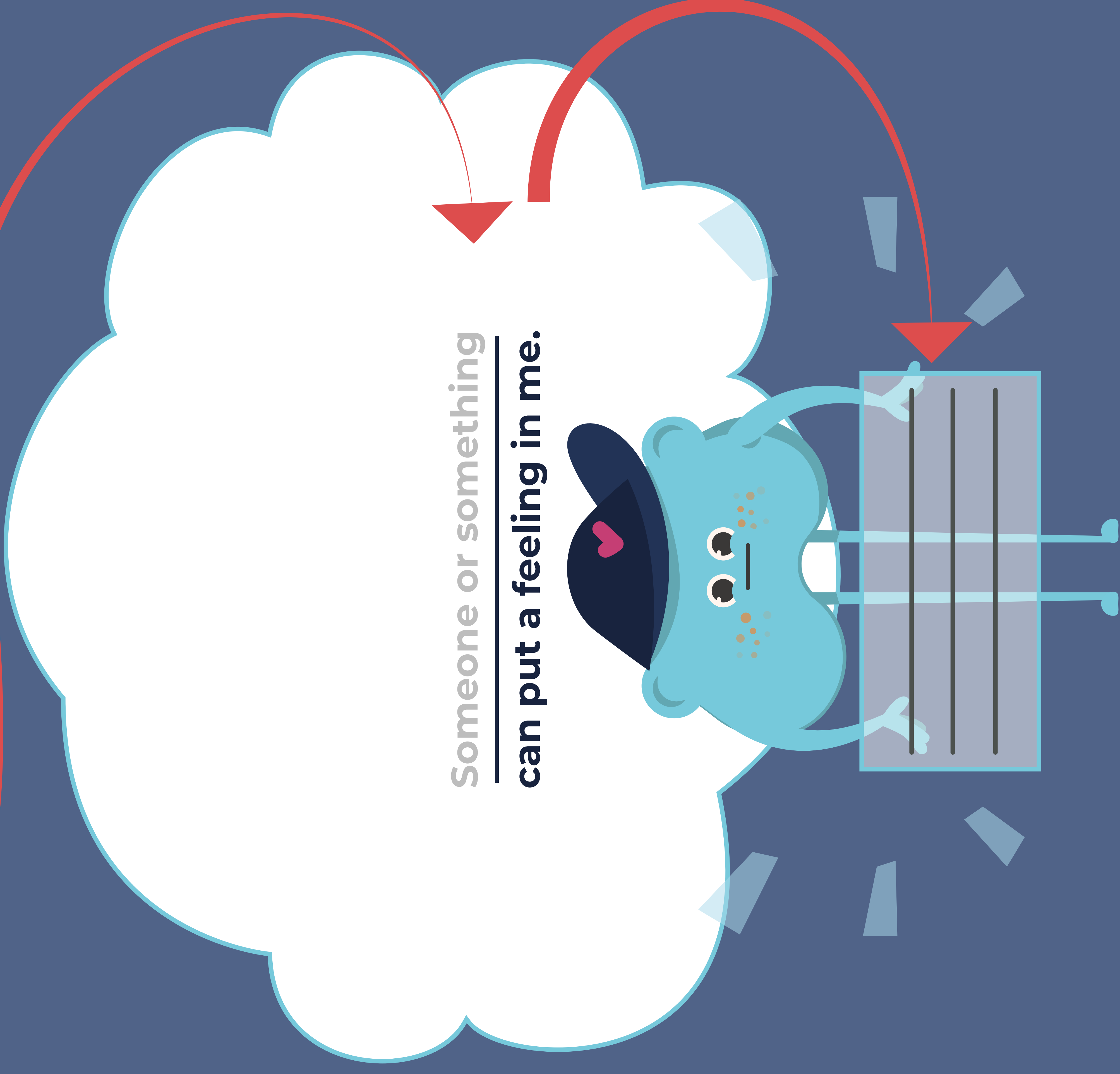
Someone or something
cannot put a feeling in me.

2.

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

Yes = False Logic

1.



Someone or something
can put a feeling in me.

2.

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

What have you attached your wellbeing to? _____