

Emotions and Suffering

Remember: it's better to put in the effort to read the chapters than it is to read.

These words work well
to describe your feelings.

Example: I feel _____

Disappointed, Nervous,
Overwhelmed, etc.

These words describe how the
events are being felt. It's important
to use the words that are affected
by it.

Example: I am full of _____

Disappointment, Sadness, Regret,
Overwhelmed, Worry, etc.

Always do the following: write down the _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions) _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions)

As you think off your feelings, you will see _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions) _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions)

It was _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions) _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions)

Remember that _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions) _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions)

Remember that there were _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions) _____ (your feelings) _____ (your emotions) _____ (your thoughts) _____ (your actions)

