

ATTACHMENTS AND AVERSIONS WORKSHEET

Select a goal or topic. Ask each question at least three times or until quiet. Reword as needed. Write the answer followed by the want (wa, wc, ws). Apply the Method. Partners take turns asking each other the questions.

Topic / Goal: _____

Attachment to _____ wa / wc / ws		Aversion to _____ wa / wc / ws	
STREAM OF CONSCIOUSNESS			
What comes to mind about your attachment to the topic?		What comes to mind about your aversion to the topic?	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
PROS AND CONS			
What advantage is it to you in having the topic?		What do you like about the topic?	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
What disadvantage is it to you in having the topic?		What do you dislike about the topic?	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
SQUEEZING THE LEMON			
Imagine never being able to have the topic again. What comes up?		Imagine always, always having the topic. What comes up?	
_____		_____	
_____		_____	
_____		_____	
_____		_____	
Could you let go of your entire attachment to the topic? Yes? No? Any wanting?		Could you let go of your entire aversion to the topic? Yes? No? Any wanting?	
_____		_____	
_____		_____	

Optional: From this state of imperturbability, what do you decide about the topic? You can state a goal.
