

If the Negative Emotions Do Not Release

Emotion: _____

What will I lose if I let go of these emotions:

What will I lose if I don't let go of these emotions:

What will I gain if I let go of these emotions:

What will I gain if I don't let go of these emotions:

What benefit does this emotion give me: _____

How many other ways could I get this benefit after I let go of this emotion: _____
