

Daily Journal: Costs of Struggle

How do you try to avoid or get rid of unwanted thoughts, feelings, memories, sensations? And what does this cost you?

Unwanted thoughts, feelings, sensations, emotions, images, or memories that showed up today	What I did to fight, suppress, escape, avoid, get rid of or distract myself from them	What that cost me in terms of health, vitality, relationship issues, getting stuck, increasing pain, wasted time/money/energy etc.