

What, Why, How?

First round

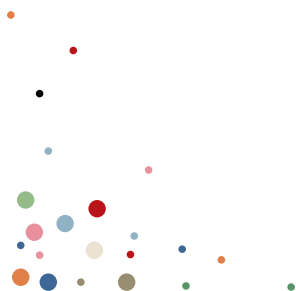
- a. What do you avoid doing?
- b. Why are you avoiding it?
- c. How does it feel to acknowledge that?

Second round:

- a. What do you avoid letting go?
- b. Why are you avoiding it?
- c. How does it feel to acknowledge that?

Third round:

- a. What do you avoid feeling?
- b. Why are you avoiding it?
- c. How does it feel to acknowledge that?



What Do I Take with Me from What, Why, How?

[illegible]