
BUFFERING

1 What are the ways in which you buffer?

2 What emotions are you attempting to avoid when you buffer?

3 What are the thoughts that cause each of these emotions?

4 To stop buffering, you'll need to be willing to feel unpleasant emotions and give up the false pleasure of the buffer. Are you willing to do this?

5 What are the negative consequences of buffering in your life?

6 How will you manage your urges to give in to buffering?

100 ALLOWED URGES

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