

| What emotions do you not allow yourself to feel? |
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| Why do you think it's easier to not feel? How did you learn to not feel? |
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| What do you fear would happen if you felt sadness? |
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| What do you fear would happen if you felt joy? |
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| When the decrease to any second decrease are if you fall are are 2 |
| What do you fear would happen if you felt anger? |
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| What emotions would you like to feel again? |
| What emellers would you like to reer again? |
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| How does being emotionally numb affect your relationships? |
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