

3. Specific Emotional Issues

- 3.1. List the 5 issues to which you have the strongest emotional reaction. Then for each one, using the Tyranny of Mind Freedom Scale, indicate the level that best describes your reaction.

_____ Level: _____

_____ Level: _____

_____ Level: _____

_____ Level: _____

_____ Level: _____

- 3.2. Review that last Emotional Inventory that you took. Copy the 5 issues that were listed in the section 3.1 in the last report including their level to the list below. Then for each one that is not one of the issues listed above, using the Tyranny of Mind Freedom Scale, indicate the level that best describes your reaction at this time.

_____ Old Level: _____ Cur. Level: _____

_____ Old Level: _____ Cur. Level: _____

_____ Old Level: _____ Cur. Level: _____

_____ Old Level: _____ Cur. Level: _____

_____ Old Level: _____ Cur. Level: _____

- 3.3. What is the difference in level between then and now?

Well Done!