



## Lesson 7 – Activity

### Seeing Your Attachments

#### Ten Things. How Attached Are You?

Take a sheet of paper, and make a list of ten things that are important to you or are part of your persona you project to the world. They can be anything including important people around you, employment, education, financial status, social status, your car, your hair, your body, sex, opinions of others, your free time, family...

Once you have completed your list, look back through the levels of attachment in the written portion of this lesson. Find a number that you feel "honestly" represents where you are at with each item on your list. Write that number next to the item and circle it. It may be difficult at first to pick an accurate number, realize that it is only a number reflecting how you relate to something, not a judgment. Take your time and assess each item fairly, even if you are not comfortable with the levels of some of the items on your list. As with everything when working with awareness, being willing to see and speak truth (especially to yourself) is crucial for you to be able to learn anything of real value.

Going against any of your engrained beliefs will show you how deep your attachment lies. Try imagining yourself doing, being or believing the exact opposite of any item on your list. How does that make you feel?

Look at this list over the next four days and ask yourself why your levels of attachment are as high as they are. Think about what level you might want to see each item on your list in the future. We will work more with this list in the next lesson. For now simply see what makes up the largest part of your persona.