

WORKSHEET 15.4 ANXIETY FROM MATERIAL POSSESSIONS PAGE 1 OF 2

Name _____ Date _____

Think about some things that stress you out. How many of those things have to do with material possessions? That is, on your list of things that cause you stressful or depressing thoughts, how many of them have to do with the purchase, rental, or ownership of material goods? For purposes of this exercise, "material goods" may also include intangible goods such as stocks, bonds, insurance policies, medical bills, rental and lease fees, etc.

Once you have identified these items write them below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
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23. _____
24. _____
25. _____

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Name _____ Date _____

Now think about some things that have led you to deny your own true nature in the past. In other words, things that have kept you from connecting to your True Self. How many of those things have to do with material possessions or the worries they cause? List them below:

1. _____
2. _____
3. _____
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