

# Categories of Body Sensation Associated with Behavior Change

	<b>QUALITIES ASSOCIATED WITH DOING THE BEHAVIOR</b>	<b>QUALITIES ASSOCIATED WITH ABSTAINING FROM THE BEHAVIOR</b>
<b>PAINFUL</b>	Guilt and other "aftermath" flavors	Physical flavors (hunger, withdrawal symptoms, etc.)  Emotional flavors (Anger, fear, sadness, agitation, loss, etc.)
<b>PLEASURABLE</b>	Fantasy pleasure ("Euphoric recall", "temptation pleasure")	Freedom pleasure, empowerment pleasure

Steps involved in working with these sensation categories

1. Detect which one or several of these qualities are present in each moment.
2. Be precise with regard to locations, shapes, and intensities of these qualities in each moment.
3. Infuse each quality with gentle matter-of-factness.
4. If possible, become fascinated with "flow" qualities until...
5. The drive to do the behavior dissolves into the "flavor of purification."