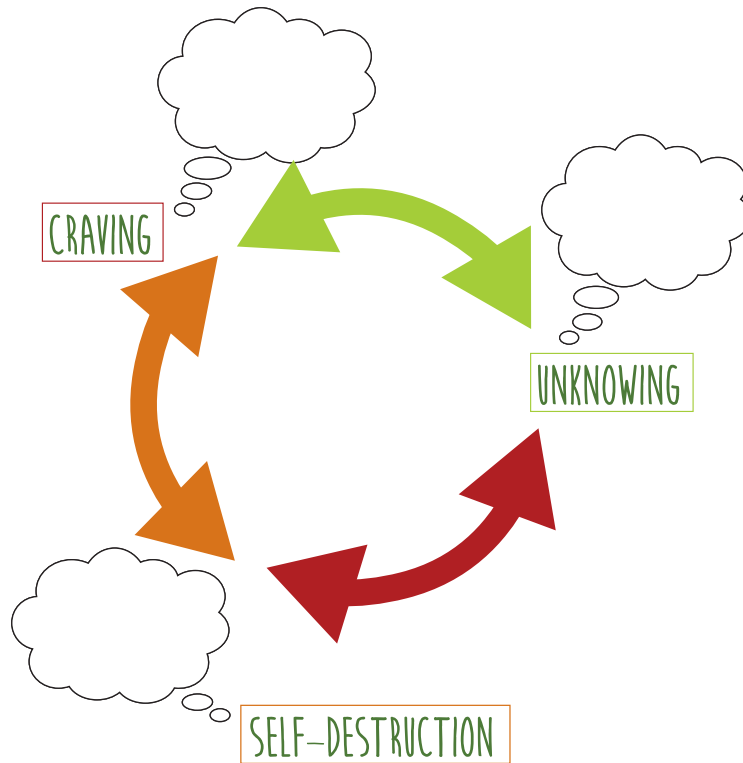


Three Poisons Activity



DIRECTIONS: below each poison, write an example of your unknowing, self-destruction and cravings.

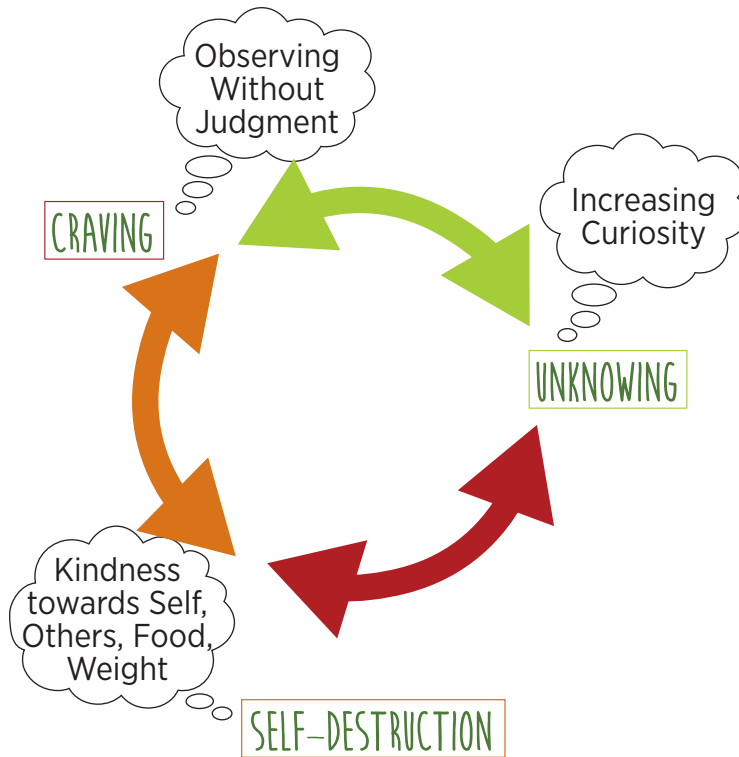
UNKNOWING

SELF-DESTRUCTION

CRAVING

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Three Poisons Activity



DIRECTIONS: below each cure, write an example of your increasing Curiosity, Kindness and Observing without judgment.

CURIOSITY

KINDNESS

OBSERVING WITHOUT JUDGMENT

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