

# The Answer Model



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# Do and Don't Do Pendulum Exercise

## Self-denying (not doing)

## Over-indulgence (doing)

### Substance

- 1.
- 2.
- 3.

### Behavior

- 1.
- 2.
- 3.

### Emotions

- 1.
- 2.
- 3.

### Thoughts

- 1.
- 2.
- 3.

### Identity/Belief System

- 1.
- 2.
- 3.

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