

This is what "Psychological Pain" might really "look like" in your mind. Please notice the *verbal nature* of this kind of personal "suffering!" Our human psychological distress, our *emotional pain*, is largely carried by internal narratives that we are fused with and . . . most of us remain unaware of the nature of such *cognitive fusion*. Just who is running the show, you or your conditioned mind? Are you able to make the distinction? How curious are you . . .

