

ANALYSIS OF FEELINGS
(BASED ON MN 70)

FEELING	RESULT	RESPONSE
Pleasant	Unwholesome increases, wholesome diminishes	Abandon it
Pleasant	Unwholesome diminishes, wholesome increases	Dwell in it
Painful	Unwholesome increases, wholesome diminishes	Abandon it
Painful	Unwholesome diminishes, wholesome increases	Dwell in it
Neither painful nor pleasant	Unwholesome increases, wholesome diminishes	Abandon it
Neither painful nor pleasant	Unwholesome diminishes, wholesome increases	Dwell in it