

- understand. I want them to want to stay and try somewhere.
- A round of checking-in if the task generated the pleasure or not. Mixed experiences, some got there, at least in part, others didn't, or were getting other emotions which weren't part of the original sensation/memory.

GW: Something about knowing that you're all in pleasure which is useful as an outlooker...

- How can we work with associations by feeling acknowledging what appears and gradually moving into it.
In the pleasure-seeking trio of words, when the associations appear how can you transition to the new thing?
~~We can zoom in or we can drop what was to go into the new thing.~~ (?)
How much you stay in pleasure, as you transition to the new thing is up to you. Or: how, from pleasure, might I seek the new thing?
- Take a few moments to think through where you were before. Find your way back in to it.

GW: How was it to go from pleasure to the new thing?

Gi: Wanted to make the new memories into pleasure. I decline one memory and I feel bad about it.

GW: How was the air?

A: Kind of necessary because I was like: how am I going to get out of this?