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## **Psychology**

The Fear of Nothingness and the Mind Leveled Assessment \_

Section:

Name:

/5 Score: \_

Directions: Watch the video clip of Alan Watts discuss Nothingness and The Mind (both linked on the website) and answer the series of questions below for each.

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	ht Question What is the			rrying and th	ne trap of the	mind?		
2.	What are t	he rules of a	actually rel	ieving yours	elf of yoursel	f and why it i	necessary?	