

Form 8.6.

Stepping Out of the Bubble Tracking Form

Day/Time	Situation	Step 1 Do Not Trespass	Step 2 Freeze and Give Up	Step 3 Retrace Your Steps	Step 4 Remember and See	Step 5 Null- Point Stillness	Step 6 The Five Doorways	Step 7 Reject and Engage	Notes
								Yes/No	
								Yes/No	
								Yes/No	
								Yes/No	
								Yes/No	
								Yes/No	
								Yes/No	
								Yes/No	

Instruction: Use a scale from 1-10 to indicate how well you able to complete each of the steps step 1 to 6. For step 7, circle what choice you made in the end. Use the note section for observations and comments accompanying each exercise.