

Training Card 8.1.

The Bridge Exercise

- 1** **Pause and Hold Steady**
Hold off on doing anything and get your bearings
- 2** **Rewind and Replay**
What was really happening in the here and now??
- 3** **Identify the Carrier Thought and Trick**
Whatever the trick may be, see that you are tricked
- 4** **Nullpoint Stillness**
Hold still in-between reality and imagination
- 5** **The Five Doorways**
Briefly remind yourself of the five doorways.
- 6** **Choice and Ownership**
Make your choice and own it completely.

Copyright © 2025 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.