

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.