

## 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.

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