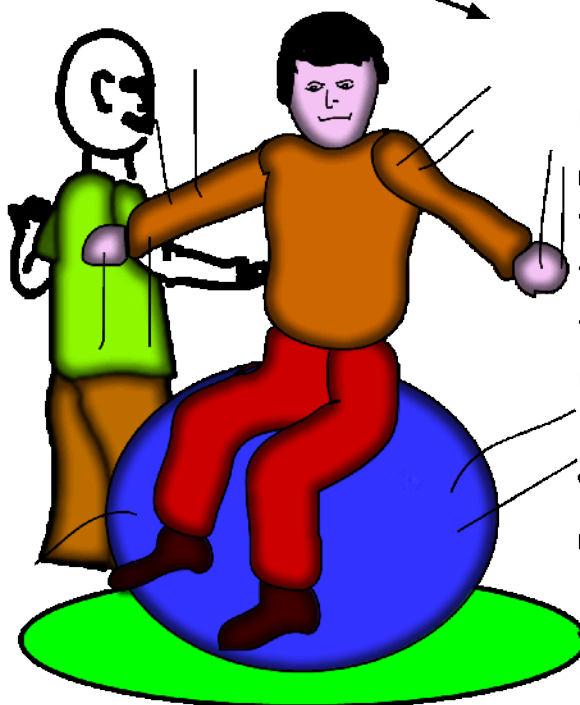
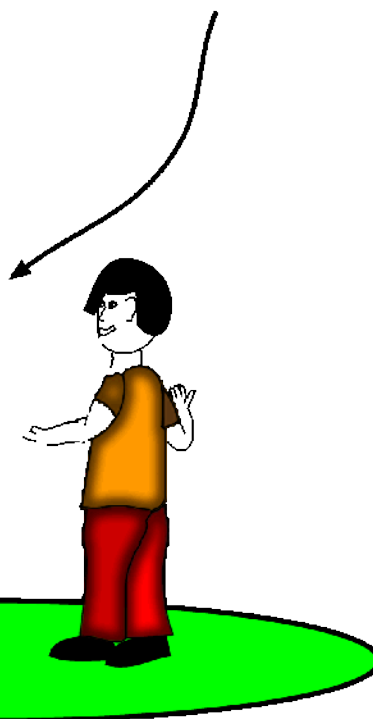


1. From 3rd position see and hear yourself in that context but have the kinesthetics of now. Change Nothing. Break state.

2. Step into 1st position in context where you have the undesired state. Fully associate into what you're seeing, feeling and hearing. Experience it fully. Change Nothing. Break state.



3. Balance on an exercise ball to the limits of your personal best. Have someone at hand to assist you. Begin to associate into parts of the 'problem' context only as fast as your balancing performance remains good. When you are balanced at your personal best and associated into all of the problem context as step 2 you now have a new choice. Test without the ball by going back to step 2.