

Simple things you can do yourself

- Practise "WASHING THE DISHES"
- Practice "Learning not to ride a bicycle"
- Do something different
- Tell your AUTOPILOT what to do
- DELETE, DELETE – it gets better and better
- What is good about that?
- Where is "the happy face?"
- Are you or do you have feelings?
- The AUTOPILOT answers promptly and want to survive
- YOU think before you answer and will EXPERIENCE

