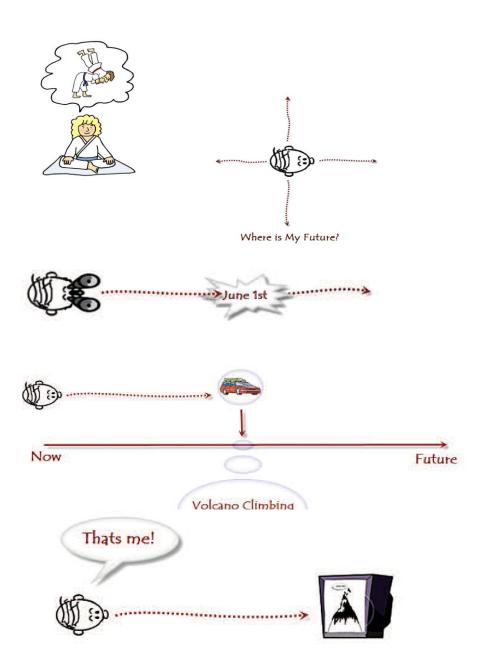
- 1. Relax and Breath
- 2. Begin Creating a Picture
- 3. Make it More Vivid
- 4. Locate Your Future Timeline
- 5. Locate Your Outcome Date
- 6. Move Towards the Future and Insert Your IR
- 7. Disassociate See Yourself
- 8. Come Back to NOW Bring the Emotions With You



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