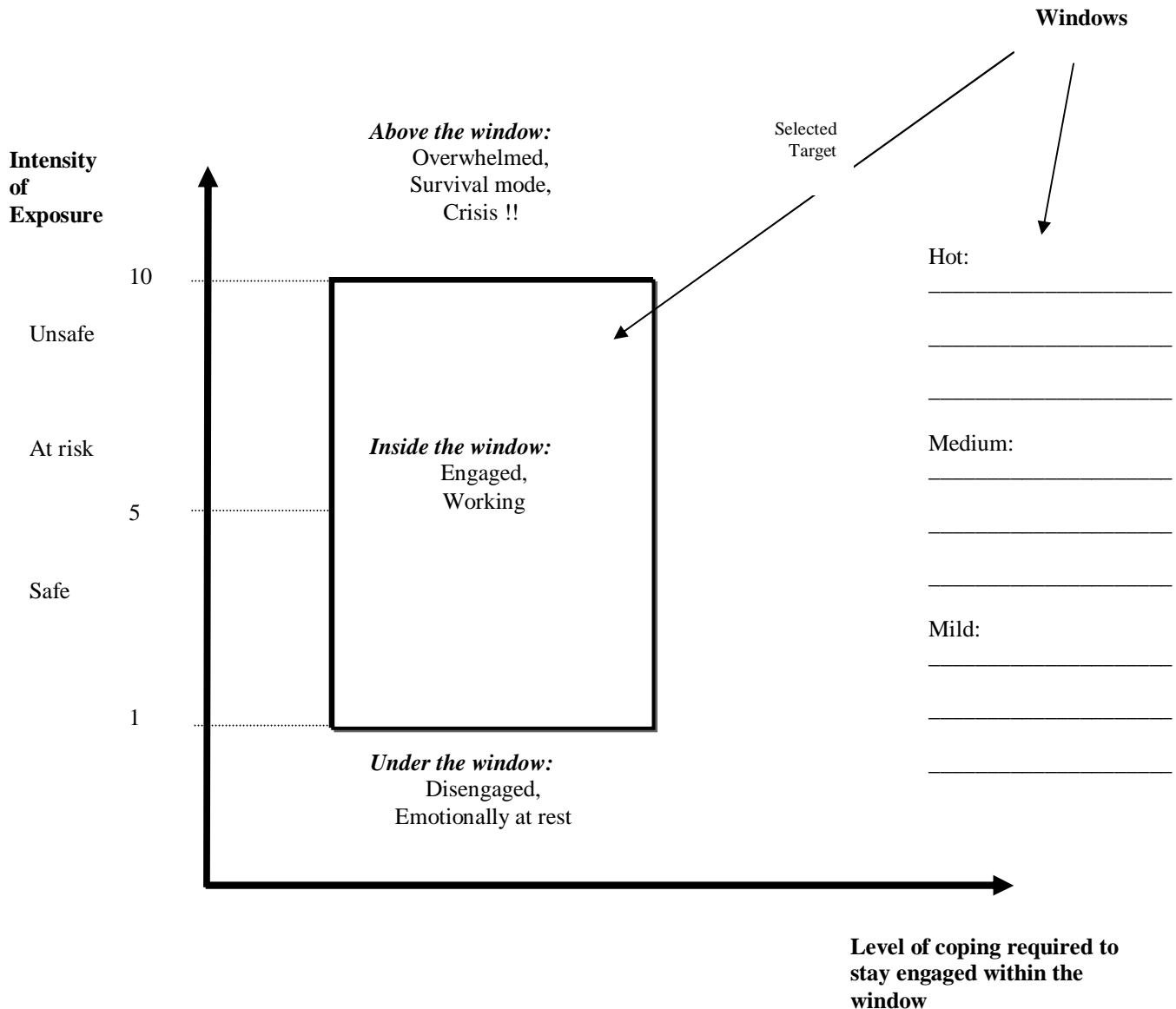


“Window Work”

Directions:

1. Prioritize your “windows” by issues that are:
 - a. Emotionally Mild
 - b. Emotionally Medium
 - c. Emotionally Too Hot
2. Identify your safety zone grounding points
 - a. Identify key word(s)
 - b. Related behaviors
 - c. Associate experiential aspects
3. Select your target issue. Start with easier stuff first.
4. Practice, practice, practice using the “affect bridge” work sheet.
5. Share results with your support people.



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