

6 STEP MENTAL CYCLE: HOW TO GET OUT AT EACH STEP OF CYCLE

- 1. Senses** avoid temptation.
- 2. Desires** don't put in charge.
- 3. Thoughts** .. don't dwell on.
- 4. Feelings** don't identify with.
- 5. Choices** responsibility first.
- 6. Actions** do the right thing.