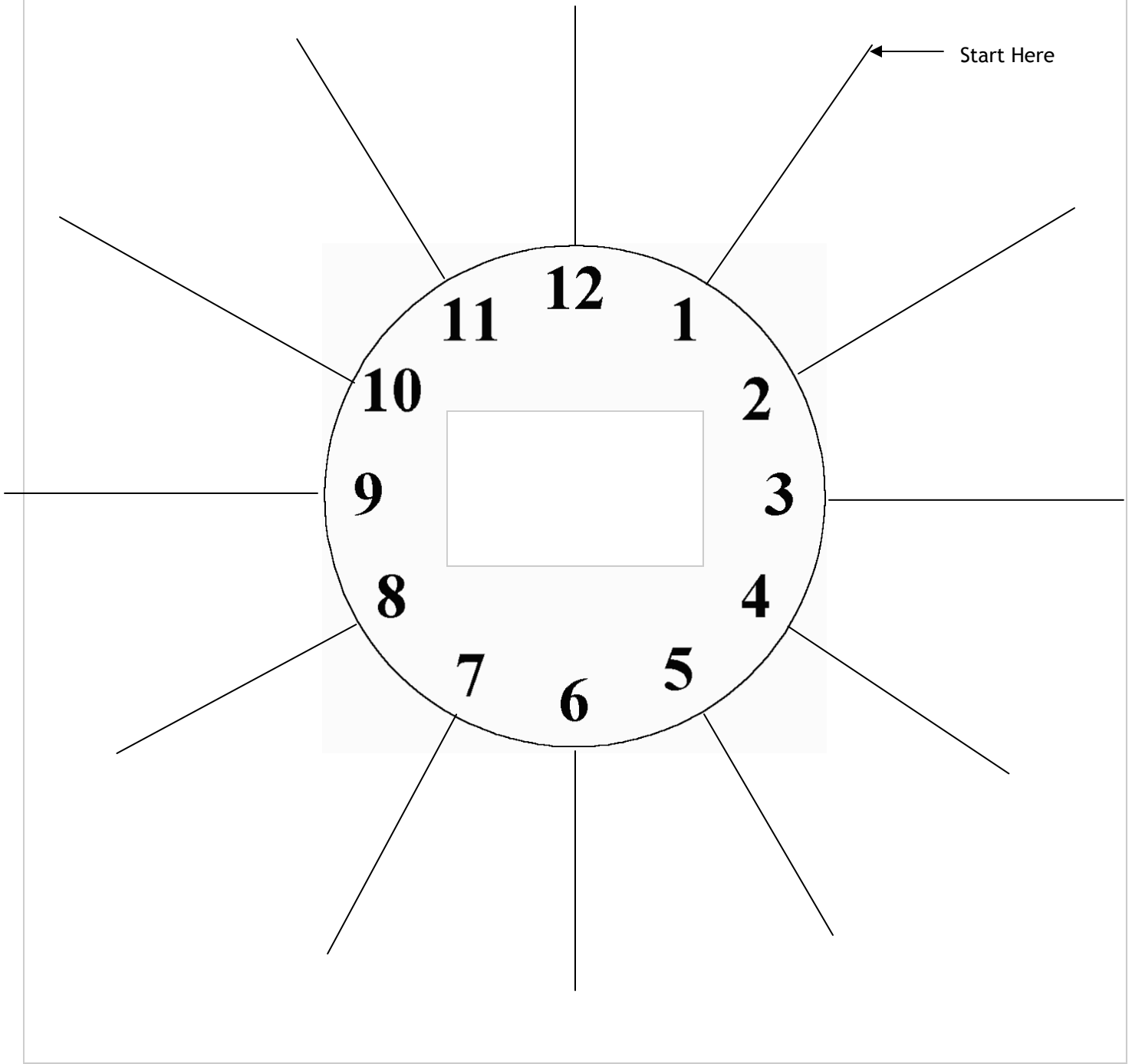


Trigger Clock

Select a trigger and write it in the center of the clock. At 1:00, write the most common reaction/response you have to that trigger. As you move around the clock, write a response that would still be true, but is less intense than what you wrote the hour before. [Clock concept from Esther and Jerry Hicks.]



Trigger Clock

EXAMPLE

Select a trigger and write it in the center of the clock. At 1:00, write the most common reaction/response you have to that trigger. As you move around the clock, write a response that would still be true, but is less intense than what you wrote the hour before. [Clock concept from Esther and Jerry Hicks.]

