

EXERCISE

CHAPTER FOUR

DIRECTIONS

Clarity is crucial for navigating the Induced Transition with ease. To get out of a spiral down, adopt the following as your *modus operandi*:



WAKE UP



ASSESS YOURSELF AND YOUR ENVIRONMENT WITH EQUAL WEIGHT



DETERMINE WHAT IS HAPPENING USING THE WORKSHEETS PROVIDED HERE AND THE QUESTIONS SPRINKLED THROUGHOUT CHAPTER FOUR.

When I first found Reality Transurfing, I was on cloud nine.

But because I was still learning to stabilize in The Alternatives Space, I would often wake up and realize I had left behind my cozy layer by way of Induced Transition without even realizing it, sometimes days after the fact. As I strengthened my practice, the time between cozy layer and waking up in an Induced state got shorter and shorter and then, after a while I found I was able to wake up the moment I began Inducing. Mastering this first step makes opting out of an Induced Transition much easier.



The first worksheet will help you identify patterns regarding *when* Induced Transitions begin occurring in your world, which Pendulum(s) you were involved with at the time and where your *Importance* levels may be out of whack.

CONT.

THE INDUCED TRANSITION IS JUST THAT, A TRANSITION. WHEN IT COMES TO MOOD TRANSITIONS, GOOD OR BAD, OUR IMPORTANCE LEVELS MAKE US SUSCEPTIBLE TO PENDULUMS, WHICH AS WE KNOW FROM CHAPTER TWO, BLEED US OF OUR ENERGY. ONCE WE'RE HOOKED, THE TRANSITION BEGINS. I WANT YOU SEE WHEN, WHY AND HOW YOU WERE RESPONSIBLE FOR YOUR LAST TRANSITIONS, SO YOU ARE PREPARED WITH NEW CLARITY THE NEXT TIME A TRANSITION THREATENS TO PULL YOU DOWN.

The **second worksheet** will help you to call out your personal *Pendulums AND triggers*. List anything you can think of – from substances to social media, to television and movies, to engaging with certain family members in specific ways. Triggers may also be low-frequency Variables that pop up in your world, such as certain songs, personalities, weather patterns, sleeping in... anything you've found gives you that sinking feeling about life like, "Ugh, this again?" Refer to your worksheet from Chapter Two if you're having a hard time getting started.

Once you discover where you are vulnerable, pinpoint the signs that appear to signal you are beginning the spiral down. Maybe you find yourself especially annoyed by that person walking slowly in front of you on the sidewalk, or maybe you find yourself thinking, "Why would I tip my barista? He's rude anyway!", or maybe you notice that everyone seems to be glaring at you... things like that. Then, list out the steps you would ideally take to use the experience as a Springboard. Things like: Give it time, dive into self-care, begin therapy, change medications, stop drinking alcohol, set boundaries, Anomalous Action, etc.

Congratulations, Transurfers! This is deep level reality management! Remember, when we disengage and Springboard out of an Induced Transition, all the excess energy we're expending gets transferred back to us. Good luck!



Worksheet One

<i>WHEN DID I FIRST START TO INDUCE?</i>	WHICH PENDULUM GOT ME?	<i>Where are my Importance levels out of balance?</i>

Worksheet Two



WHAT ARE MY
KNOWN
PENDULUMS?

***HOW DO THEY
TRIGGER ME?***

What is my HEALTHY
response?