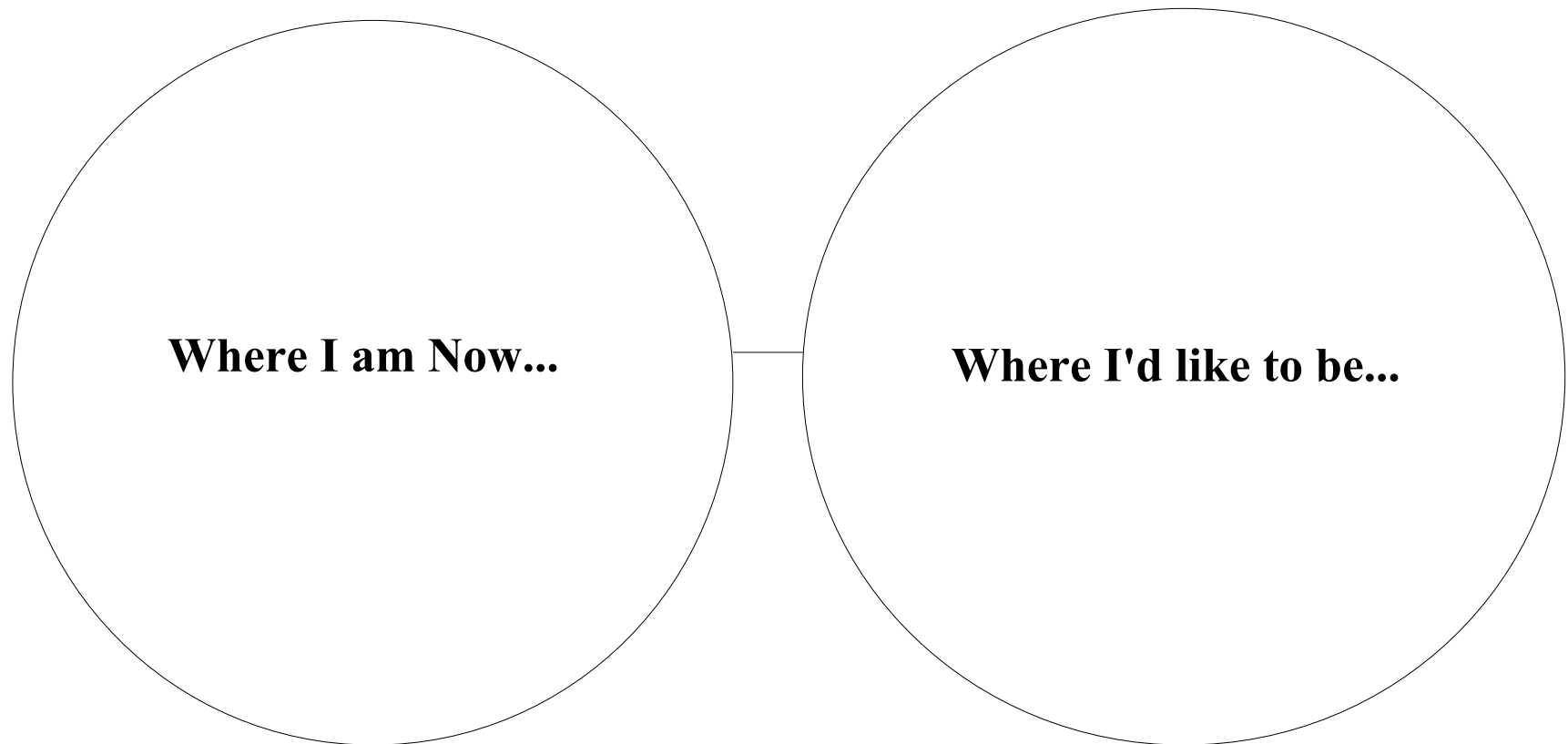


**The Bridging Technique Playsheet - The instructions are simple. In the first circle list everything you can about where you are now. In the second circle, list everything you can about where you want to be. Then say the following Opening Statement followed by the clearing statements...**

*“Whenever I think about where I am now (as represented in my first circle), and where I wish to be (as represented by my second circle), I feel...<cue>*

Then, say the clearing statements listed on the next page each time you go through this exercise. Remember to repeat you cue word. Pay attention to any thoughts or images that come into your mind as you go through the process and add them to the appropriate circle as desired. Once you've gone through the exercise you may wish to repeat the process to take yourself even further. Just list again where you are NOW and list any new ideas as to where you'd like to be NOW in a *new* second circle. You'll find you can 'climb the ladder' of awareness and be clearer as to what you REALLY want each time you use this process.

Copyright Grant Connolly 2006 All rights reserved



## **Opening Statement:**

**Whenever I think about where I am, and where I wish to be, I feel ... <cue>**

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because ... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways *hidden<sup>1</sup> or other parts* of me don't want to let these feelings go. <cue>

I clear all the ways *these parts* don't want to let these feelings go because ... <cue>

I clear all the ways *these parts* benefit by holding onto these feelings. <cue>

I clear all the ways *these parts* wouldn't feel safe if I let these feelings go. <cue>

Then....

**Whenever I think about where I am, and where I wish to be, I feel ... <cue>**

Now, take a big breath....and see if you feel better about what you placed in your first circle. If there is no charge on those issues, you've shifted. If any charge remains, go through the clearing statements again, this time saying... "*I clear all the remaining ways...*" for each of the statements.

Copyright Grant Connolly 2006 All rights reserved

---

1 Hidden Parts are those parts that may not be obvious or are connected to issues that may not be ours but that we have accepted as ours. Belief systems passed down through families would be an example of this.