

## The unhelpful activity list

Out of session, look over the list below and cross out any of the **BOLD** words that you don't recognise. Word clear others that you do recognise but are uncertain about.

In a solo session, with one can per hand, direct your attention to your whole body and say the question **out loud**. If the question reads then find the location of the entity responsible and handle it using the Valence Process.

In the next session it is better to re-check the list from the beginning, but you can just re-check the last reading question if re-checking the whole list becomes tiresome.

- 1) an entity **BEING WITHDRAWN** or **WITHDRAWING**?
- 2) an entity **BEING HIDDEN** or **HIDING**?
- 3) an entity **BEING INVISIBLE** or **TRANSPARENT**?
- 4) an entity **BEING SECRETIVE**?
- 5) an entity **BEING IN ANOTHER DIMENSION**?
- 6) an entity **HOLDING**?
- 7) an entity **NOT MAKING PICTURES**?
- 8) an entity **GETTING EVEN**?
- 9) an entity **BLOCKING**?
- 10) an entity **SKULKING**?
- 11) an entity **SPYING**?
- 12) an entity **SLEEPING**?
- 13) an entity **BEING BETRAYAL** or **BETRAYING**?
- 14) an entity **FORGETTING**?
- 15) an entity **DOMINATING**?
- 16) an entity **ENSLAVING**?
- 17) an entity **ENTRAPPING**?
- 18) an entity **DESTROYING**?
- 19) an entity **BEING HARM** or **HARMING**?
- 20) an entity **INJURING**?
- 21) an entity **PUNISHING**?
- 22) an entity **PREVENTING**?
- 23) an entity **TORMENTING**?