**Sentence Completion Exercise** (Branden, 1997)

Instructions:

* Complete relevant group of sentences stems every day
* Complete each sentence stem such that it is grammatically correct.
* Complete a minimum of 6 sentences (preferably 10) for each sentence stem.
* Don’t repeat the same ending twice on the same day (when doing this exercise for several days straight it is inevitable that duplicates will occur).
* Work as quickly as possible avoid thinking, qualifying, rationalizing, analysing or in any way judging the responses. Simply allow the sentences to arise in consciousness long enough to write them down.
* If you feel a mental block, simply make something up and keep going. If you go for quantity you will find quality among the responses.

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| **Week 11** |
| The scary thing about being more conscious is…. |
| At the thought of operating more consciously…. |

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| The good thing about raising my consciousness might be…… |
| If I can face my fears without denial or disowning……. |