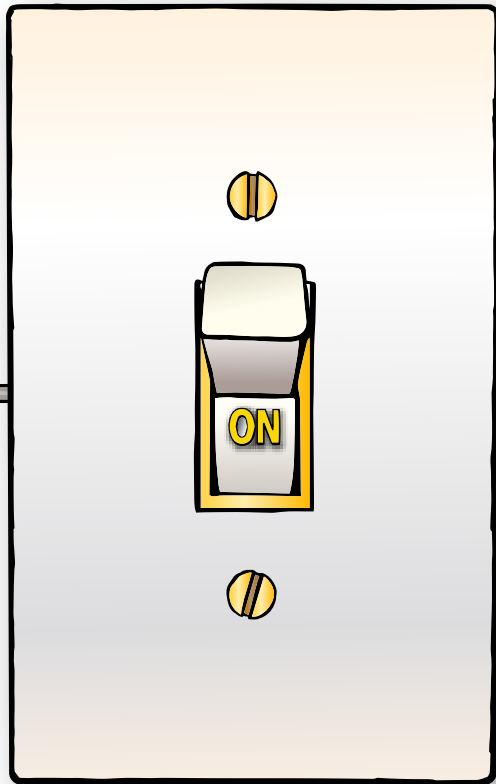


Flipping The Switch

What is a switch?

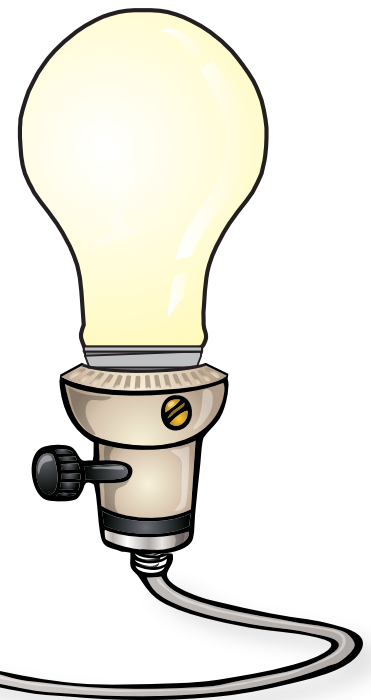


What happens when you flip a light switch in a room?

5 steps to flipping the switch:

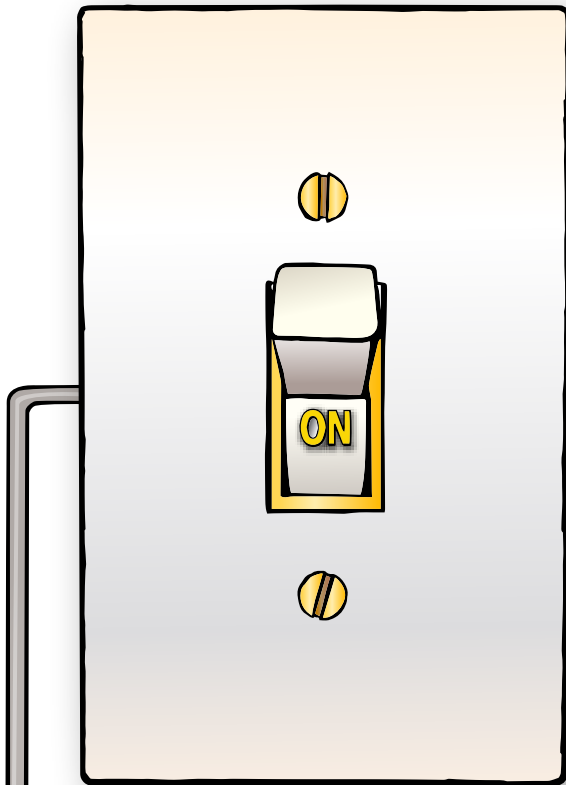
1. Know you have a switch.
2. Acknowledge and accept that there is a problem.
3. Ask the "flip the switch" question.
4. Pay attention to how you feel as you flip the switch.
5. Flip the switch constantly!

What are the advantages of having the light on?



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