

Mental noting of thoughts: (level 1)

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| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |

Mental noting of experiences: (level 2)

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| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |

