

WHEN AGITATED OR DOUBTFUL

1. **P**ause (87:3)

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Pause (87:3)

Ask for the right thought or action (87:3)

WHEN AGITATED OR DOUBTFUL

Pause

Ask for the right thought or action

Remind ourselves we're no longer
running the show

WHEN AGITATED OR DOUBTFUL

Pause

Ask for the right thought or action

Remind ourselves we're no longer
running the show

Say "Thy will be done"