



## Originations Sheet

---

This sheet is used when drilling Training 4: Originations.

I have a pain in my stomach.

The room seems bigger.

I had a twitch in my leg.

I feel like I'm sinking.

The colors in the room are brighter.

I feel wonderful.

I just realized I've had a headache for years.

This is silly.

I feel all confused.

I've got a sharp pain in my back.

I feel lighter somehow.

I can't tell you.

I feel terrible—like I'd lost something or something.

Wow—I didn't know that before.

The room seems to be getting dark.

Say, this really works.

I feel very tense.

That wall seems to move toward me.

I feel like something just hit me in the chest.

I feel warm all over.

My head feels like it has a tight band round it.

I seem to see the wall behind my body.

It seems like I'm as tall as this building.

This chair is so comfortable I could go to sleep.

I keep thinking about that cop who blew his whistle at me this morning.

Things suddenly look a lot brighter.

Aren't we finished with this yet?

I feel like I'm floating.

It looks like the wall is caving in on me.

That wall looks real thin.

Wow!!! W-o-w!!!!!!!

Ouch! Oh, ouch!

My face tingles.

I'm getting sleepy.

I'm starving. Let's go to lunch.

I remember a time when I fell down and hurt myself.

Suddenly I'm so tired.

Everything is getting blurry.

Is this room rocking?

I just realized how wrong I've been all my life.

I feel like there is a spider's web on my face.

My left knee hurts.

I feel so light!

Isn't it getting hotter in here?

I just remembered the first time I went swimming.

My back has been aching like this for years.

Hold my hand.

I feel so lonesome.

I feel like I can't talk.

My body is starting to shake all over.

My ribs hurt.

I feel just like the time I got run over by that car.

Everything seems to be getting dark.

No—no, no, no, no!!!!!!