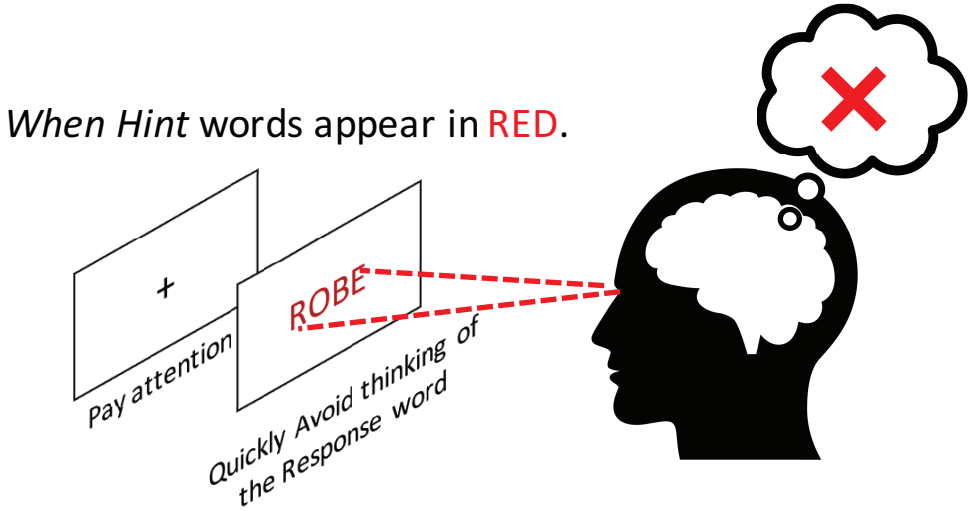
BUT, if **the Hint word instead appears in RED**, you must try to **quickly avoid thinking** of the associated response word. **Stop the Response word from coming to mind at all.**



Pay full attention to the RED *Hint* word and look at it until it disappears from the screen. **Do not think of anything else** while you are trying to block the Response word**. If the response word accidentally starts to come to mind, <u>try to push it out.</u>**