

An Appointment You Are Dreading

For when you are avoiding an appointment you know you need to go to.

WHEN TO USE THIS

Use this when you have been putting off booking it or going.

What are you dreading about it?

Sit with both of these.

WHAT YOU FEAR HAPPENS

WHAT IS MORE LIKELY

What would make it easier to walk in?

Someone with you, a different time of day, this page in your hand.

What is the next small step - booking, asking someone, writing your questions?

Going in with dread is still going in. Take this page with you.