

Getting It Wrong in Front of People

For the burn after you made a mistake where other people could see it.

WHEN TO USE THIS

Use this the same day, or the next morning when it is still replaying.

What happened? Write it plainly, the way you would tell it to a stranger.

What are you afraid they thought of you?

How much do you think they are still thinking about it?

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Not at all

Constantly

What have they actually done since? Any of it different from what you feared?

Most people are far more taken up with their own day than with yours.