

# Going Back to a Place You Left

Plan one short return to somewhere you walked out of, on your own terms.

## WHEN TO USE THIS

Use this when you are ready to try one place again, not all of them.

Which place, and what happened the last time you were there?

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Plan the visit. Day, time of day, how long, and how you get home.

*Five minutes counts. Quiet hours count.*

1. 

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2. 

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3. 

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4. 

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What will you tell yourself if the feeling shows up while you are there?

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Before you go, how hard does this feel?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Doable

Almost too much

Afterward: how did it actually go, compared to what you expected?

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*Staying a little longer than you wanted to is where the ground gets solid again.*