

The Hardest Hours

Helps you find the times of day that are hardest, so they stop catching you off guard.

WHEN TO USE THIS

Use this at the end of a couple of ordinary days, while you still remember them.

Think back over the last two days. When was the pull strongest?

TIME OF DAY	WHAT WAS GOING ON	HOW STRONG (0-10)

Looking at that, which stretch of the day comes up the most?

What is usually happening in the hour before that?

Alone, tired, hungry, done with work, an argument.

What is one thing you could put into that hour instead?

Small counts. A walk, a call, a shower, food.

Knowing when it gets loud is not the whole answer, but it gives you a head start.