

The Hours Between Dinner and Bed

For the long stretch of an evening on your own, when the quiet gets loud.

WHEN TO USE THIS

Use this in the afternoon, before the evening lands on you.

What usually happens in those hours right now?

What has helped, even a little, on other evenings?

1.

2.

3.

4.

Pick two for tonight. What time will each one start?

How are you feeling about tonight?

0	1	2	3	4	5	6	7	8	9	10
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Fine

Really not looking forward to it

The evening is a stretch of hours, not one solid wall. It can be broken up.