

The Moment Before

Slows down the few minutes before you use, where there is usually a choice hiding.

WHEN TO USE THIS

Use this when you keep finding yourself part way through before you notice.

Think of the last time. What happened in the ten minutes before?

What was underneath it? Tick anything that fits.

- ☐ Wound up and could not settle
- ☐ Angry about something
- ☐ Sad or flat
- ☐ Lonely
- ☐ Worn out
- ☐ Celebrating something
- ☐ Nothing much, it was habit
- ☐ My body was hurting

Where was the last point you could have gone a different way?

What would have had to be different right at that point?

The choice is rarely at the last second. It is usually a few steps back, and quieter.