

Two Minutes Before Bed

A very short one for a lonely night, done in the time it takes to brush your teeth.

WHEN TO USE THIS

Use this tonight, in bed, with the light still on.

Name the feeling. One word, or two.

How lonely does tonight feel?

0	1	2	3	4	5	6	7	8	9	10
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A little

As lonely as it gets

Name one person who would be glad to hear from you tomorrow.

What is the first thing you will do in the morning?

Nights make everything sound final. The morning gets a vote too.