

Two Minutes When It Gets Loud

A very short one for the middle of a bad moment with yourself.

WHEN TO USE THIS

Use this right now, wherever you are. It takes two minutes.

What is the sentence going around your head? One line.

How loud is it right now?

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

All I can hear

What is one thing that is also true?

It does not have to cancel the first thing out.

What are you going to do for the next ten minutes?

You do not have to win the argument. You only have to get through the next bit.