

Walking Into Something New

A small plan for turning up to a group, class or club for the first time.

WHEN TO USE THIS

Use this before the first time you go.

What is the thing, and when is it on?

What is the worst part you are picturing?

What would make the first time easier?

- ☐ Getting there early
- ☐ Getting there late and slipping in
- ☐ Telling one person it is my first time
- ☐ Knowing how long it lasts
- ☐ Having a way to leave
- ☐ Going along with someone

What will you tell yourself on the way home, however it goes?

Turning up once is the whole task. Belonging comes later, in its own time.