

When the Visit Feels Rushed

For when you leave appointments realizing you never said the thing.

WHEN TO USE THIS

Use this after a visit that went too fast, and before the next one.

What did you not get to say last time?

What happens to you in the room?

Going blank, agreeing too fast, not wanting to be a bother.

Sentences you could use to slow it down.

I have one more thing. Could you say that again?

1.

2.

3.

What goes at the very top of your list next time?

You are allowed to take up the time. The visit belongs to you.