

Coping ahead

Rehearse the hard thing before it happens, in detail, including the part that goes wrong.

One of the highest-yield twenty minutes in the whole treatment, and the one people treat as optional. It moves the decision out of the moment when you will be least able to make it.

THE SITUATION, AND WHEN IT IS

WHAT I EXPECT TO FEEL, AND ROUGHLY HOW STRONGLY

THE POINT AT WHICH IT WILL GET HARD

WHICH SKILL, AT WHICH MOMENT

AT THIS POINT	I WILL DO THIS

IF IT GOES WORSE THAN EXPECTED

NOW CLOSE YOUR EYES AND WALK THROUGH IT. WHAT DID YOU NOTICE?