Slow-Motion Replay and Day-After Plan

Part 1. Slow motion (Chapter 12). The last time I missed a session and then stopped altogether: the 20 minutes before it.

Time	What happened	How I was feeling	Freeze

Mark "freeze frame" at three points: where the plan had no answer; where I decided to skip; the sentence I said to myself straight afterwards.

Part 2. What I said: _____ (type A ☐ type B ☐)

Rewritten in terms of the specific circumstances: That day _____, _____ and _____.

Part 3. The day-after plan (copy into part 5 of the Handover Note)

- If I miss a session, at the next one I'll do: _____
- When I come back after a missed session, I'll treat myself to: _____
- What I'll say after my next missed session: