Before an Event

> *"Remember that you must behave as at a banquet. Is anything brought round to you? Put out your hand and take a moderate share. Does it pass by you? Do not stop it."*
>
> Epictetus, Enchiridion 15 (tr. Higginson)

Fill this in a day or two before, when you are calm. Keep it on your phone or in your pocket. The hardest moment is usually predictable, so plan that one in the most detail.

Event: _____ Date: _____ Arriving: _____

What I will drink

Have it in your hand within two minutes.

What I will say

One short line for "aren't you drinking?"

When I will leave

Set it now. Leaving early is allowed.

How I will get home

Driving, a booked taxi, a lift.

Who I can text

Someone who knows and will reply.

Who I will stay near

The person who makes it easier.

The hardest moment, and my plan for it

The first offer, the toast, the late evening, the second venue?

Straight after - what I will do when I get home

- [ ] Ate properly beforehand
- [ ] Told one person my leaving time
- [ ] Urge Timer on my phone
- [ ] A way out if it gets too much

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