Rehearsing a Hard Moment

> *"Therefore, nothing ought to be unexpected by us."*
>
> Seneca, Letters 91 (tr. Gummere)

Choose one moment coming up - a party, a family visit, a payday, an anniversary. Write it as a short scene. Then rehearse your response until it feels familiar. This is preparation, not pessimism.

The moment

Where, when, who will be there?

What will probably happen

The offer, the comment, the feeling, the urge. Be specific.

What my mind is likely to say

The exact sentence that will argue for a drink.

What I will do and say

Step by step. Short and realistic.

If it goes worse than expected

What will still be true afterwards

Afterwards: how did it compare with what I rehearsed?

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