

Clean Restart

Chapter 7 • example

Dates only. Amnesty. Rescue. One doorway. One sentence to the next one.

The stretch (dates only)

Thu 4 to Mon 15

Amnesty (dropped, for good)

the birthday dinner I didn't organise · replying to the group

chat about the thing · the Landing Strips for those eleven

days · the Wednesday call I skipped twice · the library fine

(I'll just pay it, I'm not going to argue it) · reading the school

newsletter for that fortnight · the gym

Rescue (still matters, still possible)

1. *the car, which is now overdue for its warrant*

2. *texting Mum back*

3. *the form for J's work thing, which has a real deadline Friday*

Doorway for rescue 1

find the mechanic's number and write it on a sticky note on the kettle

To the next one

It was eleven days and it ended. The car got booked on

day twelve. Nobody at the school noticed the newsletters.

Clean Restart 1

Chapter 7

Dates only. Amnesty. Rescue. One doorway. One sentence to the next one.

The stretch (dates only)

Amnesty (dropped, for good)

Rescue (still matters, still possible)

1.

2.

3.

Doorway for rescue 1

To the next one

Clean Restart 2

Chapter 7

Dates only. Amnesty. Rescue. One doorway. One sentence to the next one.

The stretch (dates only)

Amnesty (dropped, for good)

Rescue (still matters, still possible)

1.

2.

3.

Doorway for rescue 1

To the next one

Clean Restart 3

Chapter 7

Dates only. Amnesty. Rescue. One doorway. One sentence to the next one.

The stretch (dates only)

Amnesty (dropped, for good)

Rescue (still matters, still possible)

1.

2.

3.

Doorway for rescue 1

To the next one
