

Worksheet 1 - Home approach

The last 200 metres to your door, and the door itself.

LOCATION / SITUATION

DAY AND TIME (BASELINE) - what does normal look like here at this hour?

S - SCAN - people, exits, lighting, obstacles, where help is

A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 2 - Workplace and commute

Your building, its transitions, and the route in and out.

LOCATION / SITUATION

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Worksheet 3 - Transit and travel

Platforms, carriages, stops, rideshare pickups.

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E - EXIT EARLY - my trigger to leave, and what I do first

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Worksheet 4 - Evening venue

Bars, restaurants, events - arrival, the room, the exit.

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HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 5 - Parking and vehicles

Garages, lots, the walk to the car, the car itself.

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F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition

Worksheet 6 - Blank (any environment)

Copy this page for anywhere else you spend time.

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E - EXIT EARLY - my trigger to leave, and what I do first

HABIT TO CHANGE - phone away, one ear out, vary the transition
