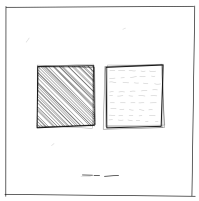
INSTRUMENT THREE · THE SORT

Fake Rest

FROM CHAPTER 25



Write down what you actually did with your non-obligation time last week. Not what you meant to do. What happened. Then ask three things about each one, and put it in a pile.

WHAT I DID	CHOSE IT, OR LANDED IN IT?	HOW DID IT END?	20 MIN LATER: MORE OR LESS?	REAL / FAKE

THE TELL

If it ended with you discovering what time it was, it was not rest.

The same activity can land in both piles. Two hours in a game you sat down to on purpose is real. The same game at ten past one because you could not face getting up is fake. Nothing here is banned, only reclassified. And if you genuinely need sleep and stillness, stillness is real rest for you, and the sort will say so.