

the point of no return repeat a sequence
the first/last step a decisive moment
do the same thing over give sb peace of mind
~~a break from your routine~~ the first/last phase

- 1 sth different from what you normally do = a break from your routine
- 2 an important point in time = _____
- 3 the first/last stage in a process = _____
- 4 the first/last action in a series of actions = _____
- 5 make sb feel calm = _____
- 6 the moment when you can no longer change anything = _____
- 7 repeat one action = _____
- 8 do a series of actions again = _____