

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 = \_\_\_\_\_