

Are You Mad at Me?

by Meg Josephson

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

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01

Map your reassurance loop

Write the cue, anxious story, checking behavior, and short-term reward.

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02

Choose a fact-check question

Prepare one question that separates evidence from interpretation.

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03

Write a direct ask

Draft a calm sentence for checking in without apologizing for existing.

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04

Name a people-pleasing pattern

Identify one yes you give mostly to prevent someone else's mood.

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05

Create a waiting window

Set a reasonable time before you reread, text again, or seek reassurance.

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06

List neutral explanations

Before acting on a cue, write three non-rejection explanations.

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07

Delay the reassurance bid

Wait through one urge to check and regulate your body first.

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08

Ask directly once

Use one clear question instead of repeated indirect tests.

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