

Bad Therapy

by Abigail Shrier

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

⁰¹ **Separate distress from impairment**

Before escalating, ask what has actually stopped: sleep, school, safety, friendship, appetite, or basic functioning. Let impairment, not volume, set the response.

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⁰² **Trade reassurance loops for brave reps**

Answer once with warmth, then choose a small action: attend the event, send the message, apologize, finish the chore, or tolerate the awkward moment.

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⁰³ **Use lighter language first**

Try words like hard, sad, nervous, disappointed, or embarrassed before reaching for clinical labels that may stick harder than the feeling itself.

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⁰⁴ **Keep parents in the center**

Do not let school systems, apps, or experts quietly replace family judgment. Seek help when needed, but keep attachment, routines, and authority close.

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⁰⁵ **Build a tolerable-stress ladder**

Pick one avoided situation and make a graded ladder from easiest to hardest. Practice the next rung until discomfort stops running the whole plan.