

Bonk

by Mary Roach

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 **Replace the normal question**

When you catch yourself asking whether something is normal, rewrite it as: what do I know, what do I feel, and what evidence would actually help?

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⁰² **Name the context**

Before explaining desire as chemistry or psychology, list the context: stress, safety, novelty, trust, timing, medication, and mood.

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⁰³ **Separate data from meaning**

Treat body signals, preferences, and emotions as related but distinct inputs. Do not force one to explain all the others.

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⁰⁴ **Ask one less embarrassed question**

Choose a body or intimacy topic you avoid, then learn about it from a credible clinical or scientific source without turning it into a verdict on yourself.

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⁰⁵ **Audit your inherited myths**

Write down three beliefs about sex you absorbed from culture, religion, media, or peers. Mark which are evidence, which are fear, and which are preference.

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⁰⁶ **Practice curious language**

Use precise, nonjudgmental words for anatomy, desire, and boundaries. Good language lowers shame and improves the quality of every conversation after it.