

# Codependent No More

by Melody Beattie

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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

<sup>01</sup> **Run the responsibility ledger on one live situation**

Write two columns: mine to own and theirs to return. Put feelings, choices, consequences, time, and limits in the correct column before you respond.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Delay one automatic rescue by twenty minutes**

When the urge to fix spikes, pause. Drink water, breathe, and ask whether you are supporting someone or regulating your own panic through control.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Replace one resentful yes with a clean sentence**

Use simple language: I cannot take that on today, or I need time to decide. Do not overexplain until your no turns into a negotiation.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Schedule self-care before the crisis window opens**

Put one non-negotiable act of care on the calendar early in the day. Recovery starts when your needs stop being optional leftovers.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Let one consequence arrive without cushioning it**

Choose a low-stakes moment where you usually cover, remind, apologize, or smooth things over. Step back and let reality teach what rescuing has been preventing.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Tell one safe person the pattern you are changing**

Codependency thrives in private self-justification. Name the specific pattern, the new boundary, and the support you want when guilt tries to pull you back.