

Come as You Are

by Emily Nagoski

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 **Make a brakes list**

Write down the stressors, thoughts, settings, or relationship tensions that make desire harder. Pick one brake to soften before trying to add more heat.

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⁰² **Design a low-pressure context**

Create one intimate window where escalation is optional: privacy, warmth, time, affection, and full permission to stop or change direction.

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⁰³ **Ask a context question**

Instead of asking why am I not in the mood, ask what would help my body feel safer, more wanted, or less observed right now?

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⁰⁴ **Separate arousal from consent**

Treat body response as automatic information and verbal choice as the authority. This keeps curiosity from becoming pressure.

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⁰⁵ **Practice pleasure without a finish line**

Spend ten minutes noticing sensation, comfort, and preference without making orgasm or intercourse the metric of success.

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⁰⁶ **Replace shame with data**

When something does not work, describe the context like a scientist: timing, stress, privacy, safety, pressure, novelty, energy, and emotional tone.