

Complex PTSD

by Pete Walker

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 **Label the flashback out loud**

When a wave hits, say: this is an emotional flashback. Then look around and name three details that prove you are in the present.

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⁰² **Turn down the critic before deciding**

Postpone major decisions until the self-attack drops. Write one kind counter-sentence you would say to a frightened child.

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⁰³ **Map your default 4F response**

Notice whether stress sends you into fight, flight, freeze, or fawn. Pick one body cue and one protective replacement behavior.

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⁰⁴ **Practice one boundary without a speech**

Use a short sentence: I cannot do that today, or I need time before I answer. Let the boundary stand without over-explaining.

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⁰⁵ **Build a safe contact list**

Choose three people, places, routines, or sensory anchors that help your nervous system remember present-day safety.