

Drama Free

by Nedra Glover Tawwab

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 **Retire one family role this week**

Name the role you default to: fixer, mediator, silent one, scapegoat, emotional manager. In one low-stakes moment, decline the role with one sentence and no long explanation.

MON TUE WED THU FRI SAT SUN

- ⁰² **Stop carrying messages between adults**

When someone asks you to speak for them, say: 'I think this needs to come from you.' This interrupts triangulation without taking sides or creating a new conflict.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Write three boundary scripts before you need them**

Prepare short lines for the patterns that hook you most: guilt, criticism, crisis, money, holidays, parenting, or old wounds. Scripts work because stress makes improvising harder.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Let guilt peak without obeying it**

After a healthy no, wait before reversing yourself. Notice where guilt lives in your body, remind yourself that discomfort is not danger, and let the feeling pass without handing it the steering wheel.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Ask for repair in observable terms**

Instead of asking someone to 'understand' or 'care,' ask for the behavior that would repair trust: an apology, changed language, no surprise visits, or a direct conversation.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Create a post-contact reset ritual**

After hard family interactions, do one grounding action before replaying the conversation: walk, shower, voice memo, breathe, or text a steady friend. Recovery is part of the boundary.