

Emotional First Aid

by Guy Winch

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 **Apply a Self-Worth Bandage**

After rejection, write five qualities or relationships the rejection did not erase. Pick one and write why it still matters. Do this before analyzing what happened.

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⁰² **Contain the Rumination Window**

Give replay exactly 15 minutes in one place. When it returns later, say 'scheduled' and move into a task that requires hands, body, or focused attention.

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⁰³ **Separate Event From Identity**

For a failure, draw two columns: facts of the attempt and identity claims your mind added. Keep only claims the evidence actually supports.

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⁰⁴ **Convert Guilt Into Repair**

Name the specific harm, make one apology or restitution step, and decide the behavior change. Do not substitute repeated self-punishment for repair.

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⁰⁵ **Use a Low-Friction Connection Dose**

When lonely, send one easy message, voice memo, or invitation that does not require perfect intimacy. Treat contact as nutrition, not performance.

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⁰⁶ **Create a Psychological Hygiene Kit**

Write your three most common emotional injuries and one first response for each. Keep it somewhere visible so care begins before the spiral starts.