

First, We Make the Beast Beautiful: A New Story About Anxiety

by Sarah Wilson

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 **Name the beast signal**
Write how anxiety first appears in your body.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Choose a settling cue**
Pick breath, water, light, movement, or pressure.

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☐ ⁰³ **Shrink one exposure**
Make a feared action small enough to do kindly.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Write the loop once**
Capture the repetitive thought without solving it.

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☐ ⁰⁵ **Delay interpretation**
Wait ten minutes before deciding what anxiety means.

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☐ ⁰⁶ **Care for the body first**
Use the settling cue before analysis.

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☐ ⁰⁷ **Take one gentle exposure**
Move toward one small avoided thing.

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