

# Healing the Shame that Binds You

by John Bradshaw

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

<sup>01</sup> **Name the shame sentence**

Write the exact identity-level accusation shame uses, then label it as an old message rather than a fact.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Separate behavior from self**

Rewrite one painful memory using behavior language: what happened, what you needed, and what can be repaired now.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Choose an earned-trust witness**

Tell a safe person one small true thing you usually hide. Ask them to listen, not fix.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Reparent one younger part**

Identify the age you feel when shame hits, then offer that part one concrete protection: rest, food, boundary, or reassurance.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Break one family rule gently**

Notice a rule like do not feel, do not need, or do not tell. Practice one small opposite behavior in a safe context.