

# Hold Me Tight

by Sue Johnson

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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 dance before debating facts**

In your next tense moment, pause and say: 'I think our cycle is here. I am pushing and you are pulling away. Can we slow down?'

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<sup>02</sup> **Translate one hard move into a soft fear**

Write the sentence under your reaction: 'When I criticize, defend, or withdraw, I am actually scared that...'  
Share only if it feels safe enough.

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<sup>03</sup> **Ask the A.R.E. question directly**

Choose one calm moment and ask: 'When I am distressed, do you feel reachable to me? Do I feel reachable to you?' Listen without correcting the answer.

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<sup>04</sup> **Build a 10-minute hold-me-tight ritual**

Once this week, sit close with phones away. Each person gets five uninterrupted minutes to name one fear and one reassurance they need.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Repair one small miss within 24 hours**

Pick a recent sharp word, silence, or dismissal. Own the move, name the softer feeling, and make one specific bid to reconnect.