

How to Be an Adult in Relationships

by David Richo

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Audit the five A's

Rate attention, acceptance, appreciation, affection, and allowing in one relationship.

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02

Choose one missing A

Pick the relational skill most absent from a current conflict or distance.

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03

Prepare an appreciation

Write one specific good thing you have not said clearly enough.

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04

Create a repair opener

Draft a sentence that begins with what you may have missed.

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05

Name one control habit

Identify one way you manage, pressure, or interpret instead of allowing.

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06

Give full attention

Have one conversation with no phone, no multitasking, and no fixing for five minutes.

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07

Say the appreciation

Tell the person the specific behavior or quality you value.

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08

Practice allowing

Let one small preference or timing difference remain unforced.

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