

How to Do the Work

by Nicole LePera

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 **Map one automatic pattern**

Write the trigger, body sensation, story, impulse, and old protection strategy. Keep it factual, like field notes, not a confession.

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⁰² **Practice a ninety-second body pause**

When activated, delay the response. Exhale slowly, find your feet, relax one braced muscle, and wait until urgency drops before speaking.

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⁰³ **Write one reparenting sentence**

Address the younger part directly: 'I understand why you learned this. I am here now, and we have more choices than we had then.'

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⁰⁴ **Use one clean boundary**

Replace over-explaining with a short sentence: 'I need time before I answer,' 'That does not work for me,' or 'I am not available for that.'

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⁰⁵ **Repair instead of disappearing**

If the old pattern runs the moment, come back with honesty: 'I reacted from an old place. Here is what I actually mean.'