

How to Love Someone Without Losing Your Mind

by Todd Baratz

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 **Run the three-column pause**

Before sending the charged message, write three columns: what happened, what story I am telling, and what I actually need. Send only the need.

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⁰² **Ask one clean question**

Replace mind reading with a direct check: I am making up a story about this. Can you help me understand what you meant?

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⁰³ **Set a non-dramatic edge**

Name one boundary without a prosecution speech: I want to keep talking, and I need us to do it without raised voices.

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⁰⁴ **Practice the repair receipt**

After conflict, state your part, the impact you understand, and one observable change you will try next time.

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⁰⁵ **Build a regulation menu**

List five ways back to yourself that do not require your partner: walk, shower, friend, journal, breath, music, food, sleep, or therapy notes.