

I Want to Die But I Want to Eat Tteokpokki

by Baek Se-hee

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 **Make a small-stay list** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write five ordinary things that still hold a little pull: food, texture, music, place, person.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Track the global sentence** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Notice one sweeping depressive thought and write the exact words it uses.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Choose a support doorway** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Pick one low-pressure way to contact care: therapist, friend, text line, appointment, or check-in.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Create a tolerable menu** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- List three actions for very low capacity: eat something warm, wash face, sit near light.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Answer with one specific** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- When the mind says always or never, name one specific exception without arguing the whole case.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Take one appetite seriously** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Follow one small want without judging whether it is meaningful enough.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Record one bearable moment** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- At night, write one moment that was not good, but was bearable.