

It's Not You: Identifying and Healing from Narcissistic People

by Ramani Durvasula

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

Write the pattern list
Record three repeated behaviors without diagnosing, excusing, or debating them.

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☐ 02

Make a boundary sentence
Write one limit in the form: 'I will do X; I will not do Y.'

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☐ 03

Check reality with someone safe
Share facts with one grounded person and ask what they notice.

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☐ 04

Separate hope from evidence
Make two columns: what you hoped for and what consistently happened.

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☐ 05

Reduce one exposure point
Mute, delay, or limit one channel that keeps the cycle active.

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☐ 06

Name the cost
Write how the relationship affects sleep, work, body, and self-trust.

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☐ 07

Practice no JADE
Do not justify, argue, defend, or explain one clear limit today.

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