

It's OK That You're Not OK

by Megan Devine

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 **Use a witness sentence**

Say: This is as hard as it feels, and I am here with you.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Make a concrete offer**

Offer a specific task, date, and time instead of saying let me know if you need anything.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Avoid comparison**

Do not begin with at least, everything happens, or I know exactly how you feel.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Remember their person**

Ask what they want people to keep remembering, or share one memory if invited.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Schedule later support**

Put a check-in on your calendar for two weeks and two months from now.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Reduce one burden**

Handle one errand, meal, email, form, or household task without making them coordinate everything.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Let silence work**

Sit with someone without forcing them to talk or reassure you.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁸ **Ask consent before advice**

Say: Would advice help, or would listening help more right now?

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