

Love Unfu*ked

by Gary John Bishop

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 sentence you keep swallowing**

Before speaking to your partner, write the one clean truth you avoid. Remove blame, mind-reading, and courtroom evidence until only the need, limit, or decision remains.

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⁰² **Stop one performance for 48 hours**

Pick one way you act agreeable, chill, sexual, cheerful, or fine when you are not. Stop performing it and notice what the relationship does with the real signal.

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⁰³ **Trade the complaint for a request**

Convert one recurring grievance into a specific ask: what happened, what it cost, what you need next, and when you will revisit it.

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⁰⁴ **Name the line without threatening**

Say the boundary as information, not punishment. Use plain language: I love you, and I am not available for this pattern anymore.

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⁰⁵ **Let the response count**

After you tell the truth, do not rush to rescue the moment. Watch whether there is curiosity, accountability, contempt, avoidance, or repair.

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⁰⁶ **Make one dated relationship decision**

Choose the next concrete move within 48 hours: schedule the conversation, book support, create space, recommit with terms, or begin an exit plan.