

Master Your Emotions

by Thibaut Meurisse

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

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01

Create an emotion log

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Track trigger, body sensation, story, urge, and better next move for three recurring emotional spikes.

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02

Choose a pattern interrupt

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Pick one interrupt you can do anywhere: stand up, breathe out slowly, drink water, step outside, or count five objects.

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03

Write a reframe library

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Prepare three reframes that keep facts intact: temporary, specific, survivable, or actionable.

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04

Identify your top expectation

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Name the demand most often underneath your distress: certainty, control, approval, fairness, or rest.

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05

Set a recovery floor

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Define your minimum sleep, food, movement, and screen boundary for emotionally fragile days.

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06

Log one spike

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When activated, capture trigger, story, and urge before taking action.

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07

Use the interrupt first

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Before replying, buying, quitting, or spiraling, run the physical pattern interrupt.

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08

Apply one honest reframe

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Rewrite the situation in a way that is still true but less catastrophic.