

Maybe You Should Talk to Someone

by Lori Gottlieb

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 cover story**

Describe one current problem the way you usually tell it. Then add three sentences that begin with: the part I leave out is, the feeling underneath is, and the cost of this story is.

MON TUE WED THU FRI SAT SUN

⁰² **Notice the repeat**

Pick one frustration and ask where else this same pattern appears: work, family, dating, friendship, or the way you treat yourself. Name the repeat before solving it.

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⁰³ **Ask the therapist question**

Before giving yourself advice, ask: what would I be afraid to know if I were completely honest? Sit with the answer for two minutes before reacting.

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⁰⁴ **Make one relational move**

Choose one real conversation where you can practice the new story: a cleaner boundary, a direct request, a specific apology, or a truthful check-in.

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⁰⁵ **Give grief a chair**

Set a 15-minute appointment with one loss you keep trying to outrun. Write what you miss, what you wanted, and what can still be loved now.