

Narcissists and You

by Júlia Pascual

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

Keep a Pattern Ledger

For two weeks, write down incidents in four columns: date, exact behavior, your body response, and what happened after you set or implied a limit. Look for repetition instead of trying to win one argument.

MON TUE WED THU FRI SAT SUN

 02

Use the One-Sentence Boundary

Prepare one line you can repeat without adding evidence: 'I am not available for this conversation when I am being blamed or insulted.' Short boundaries give manipulation less material to twist.

MON TUE WED THU FRI SAT SUN

 03

Slow Down Fast Intimacy

When someone pushes immediate closeness, commitment, disclosure, or forgiveness, add time. Say you need to sleep on it, check your calendar, or revisit next week. Healthy connection survives pacing.

MON TUE WED THU FRI SAT SUN

 04

Build a Reality Board

Choose two trusted people or a therapist who can help you reality-check confusing incidents. Share the pattern ledger with them before making major decisions from guilt, fear, or urgency.

MON TUE WED THU FRI SAT SUN

 05

Exit the Debate Loop

When the conversation becomes circular, stop explaining. Use: 'We remember this differently. I am ending the conversation now.' Then physically or digitally disengage long enough for your nervous system to settle.