

# Out of the Shadows

by Patrick J. Carnes

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

<sup>01</sup> **Map the Whole Cycle Once**

Write one recent loop as five neutral facts: trigger, ritual, behavior, consequence, and shame story. Do not prosecute yourself. The goal is to see the machinery clearly enough to interrupt it earlier next time.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Choose One Safe Witness**

Identify one therapist, sponsor, recovery group member, or trusted person who can hear the truth without becoming your judge or rescuer. Send a simple request for a check-in before the next high-risk window.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Move the Break Point Upstream**

Pick the earliest reliable warning sign: isolation, a route, a browser tab, a mood, or a lie of omission. Build one concrete interruption around that point: leave the room, call someone, block the device, or change the schedule.

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<sup>04</sup> **Make Secrecy More Expensive**

Remove one structure that helps the hidden life stay hidden: private spending, unaccounted time, isolated devices, or vague plans. Replace it with a transparent boundary that protects recovery without turning life into surveillance.

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<sup>05</sup> **Write a Repair Inventory**

List harms that need acknowledgment, but separate immediate safety from future amends. Choose one next right repair step that is truthful, sober, and not designed to rush someone else's forgiveness.