

Permission to Feel

by Marc Brackett

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

Use the mood meter

Rate energy and pleasantness from 1 to 10 before naming a feeling.

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02

Replace vague labels

Change I feel bad into a precise word such as anxious, disappointed, lonely, or resentful.

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03

Ask what happened

Write the event, thought, need, and body signal behind one strong emotion.

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04

Build a feelings vocabulary

Save ten emotion words that are more specific than happy, sad, angry, or stressed.

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05

Choose one regulation move

Pick breathe, move, reframe, repair, ask, plan, or rest based on what the feeling needs.

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06

Make a meta-moment

Pause before reacting and picture the person you want to be in this situation.

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07

Create a family check-in

Ask each person for one emotion word and one need at dinner or bedtime.

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08

Audit emotional culture

Notice where your team or household rewards suppression instead of skillful expression.

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