

Psychopath Free

by Jackson MacKenzie

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

Start a reality file

For seven days, write dated facts only: what happened, what was said, who witnessed it, and how your body reacted. Do not argue with the facts while recording them.

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 02

Close one manipulation channel

Pick the channel that pulls you back fastest: late-night texts, social media checking, mutual-friend updates, or email. Block, mute, filter, or delegate it for one week.

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 03

Name the cycle without self-blame

Write the relationship as a sequence: idealization, devaluation, discard, Hoover. Put behaviors under each stage so your mind can see pattern instead of personal failure.

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 04

Tell one safe witness the plain version

Choose someone grounded and say the facts without protecting the other person's image. Abuse loses power when reality stops being kept private for the abuser's comfort.

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 05

Draft a no-contact protocol

Decide what you will do if they text, apologize, rage, threaten, or use nostalgia. Write the response before the pressure arrives. Often the response is no response.

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 06

Give your body a repair appointment

Schedule one trauma-informed support action: therapy, hotline chat, somatic practice, sleep recovery, or a walk with a safe friend. Insight needs a regulated body to stick.