

Sex at Dawn

by Christopher Ryan, Cacilda Jethá

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 **Name the inherited script**

Write the rule you assume is natural, then ask where you learned it, who it protects, and whether both people still choose it freely.

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⁰² **Separate jealousy from policy**

When jealousy appears, describe the fear underneath before turning it into a demand. Build boundaries from values, not panic.

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⁰³ **Audit the partner-as-village load**

List every role you expect one partner to fill. Move at least one role back into friendship, community, therapy, solitude, or creative life.

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⁰⁴ **Design explicit agreements**

Replace default assumptions with clear agreements about privacy, flirtation, disclosure, exclusivity, repair, and what would injure trust.

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⁰⁵ **Read against certainty**

Hold the book as a provocation, not a new dogma. Let it increase honesty and compassion without using prehistory to override consent.