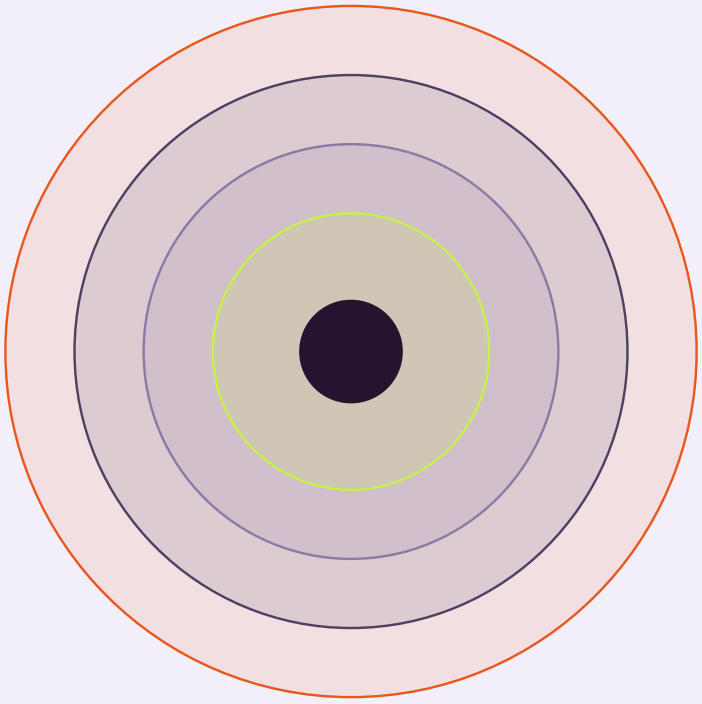
NOVEMBER 11, 2026



Stop Letting Everything Affect You

A reading of the book by Daniel Chidiac (2025)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 3

The takeaways 4

Your action book 6

Before you go 7

PART TWO · THE ACTION BOOK

The setup checklist 9

Book a worry appointment 10

Keep a plain-facts log 11

Do one unfamiliar thing a day 12

ABOUT THIS EDITION

This is HourLife's reading of Stop Letting Everything Affect You, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

A field guide to emotional detachment — how to stop overthinking, set boundaries without guilt, and choose what actually deserves your energy.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Sensitivity is not the problem. Having no filter for what deserves your energy is.

Sensitivity becomes manageable once you have a way to route it, instead of treating it as a defect to fix.

2 HOURLIFE TAKEAWAY

Overthinking is not thinking. It is the same thought, rehearsed.

Rumination mimics problem-solving closely enough to feel productive, which is exactly why it runs so long.

3 HOURLIFE TAKEAWAY

Trying to control the outcome is how you hand it your peace.

Separating the small set of things you can act on from the much larger set you can only worry about is the point of a two-column sort.

4 HOURLIFE TAKEAWAY

The guilt that arrives the moment you say no is worth inspecting before you obey it.

Guilt that signals you crossed your own values is different from guilt that comes from someone who benefits from your yes.

5 HOURLIFE TAKEAWAY

You can care about someone without carrying them.

Compassion fatigue comes from absorbing the feeling rather than witnessing it — the difference between holding the container and drinking from it.

6 HOURLIFE TAKEAWAY

When you stop reacting, the people who relied on your reaction will escalate before they stop.

A spike in pushback after you stop reacting is common, and it is not by itself evidence that the boundary was wrong.

7 HOURLIFE TAKEAWAY

Detachment is not indifference. It is refusing to be moved by every passing weather system.

Unbothered without becoming cold is a skill rather than a temperament.

8 HOURLIFE TAKEAWAY

Peace is a quieter target than happiness, and it holds still long enough to reach.

Chasing happiness can keep you in pursuit, while peace asks you to stop adding to the load.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Sort what is yours to act on
- [ ] Put the thought in the third person
- [ ] Audit one week of energy exchanges
- [ ] Write the boundary before you need it
- [ ] Take a two-week reciprocity fast

KEEP UP DAILY

- ◯ Book a worry appointment
- ◯ Keep a plain-facts log
- ◯ Do one unfamiliar thing a day

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Sort what is yours to act on

Take what is bothering you and split it into two columns: what you can act on, and what you can only have an opinion about.

Act on column one today; name column two as not yours.

MY VERSION

DONE ON

- [ ] SETUP 2

Put the thought in the third person

Change "I am being ignored" to "I am having the thought that I am being ignored." The extra clause is the gap where a choice fits.

MY VERSION

DONE ON

- [ ] SETUP 3

Audit one week of energy exchanges

After each meaningful interaction, mark it +, −, or neutral.

At the end of the week you will have a list, not a feeling, about who to see less of.

MY VERSION

DONE ON

- [ ] SETUP 4

Write the boundary before you need it

Draft one plain sentence for the situation you know is coming.

Deciding the words in advance is what stops the negotiation happening in your head at 2am.

MY VERSION

DONE ON

- [ ] SETUP 5

Take a two-week reciprocity fast

Stop initiating with one over-giving relationship for a fortnight.

Whatever comes back on its own is the actual size of the relationship.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Book a worry appointment

Give worry a fixed fifteen minutes each day.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Keep a plain-facts log

When someone is rewriting events, record what was said and when, without interpretation.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Do one unfamiliar thing a day

Small and deliberate: a different route, an unhedged opinion, a request you would normally soften.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
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December 2026

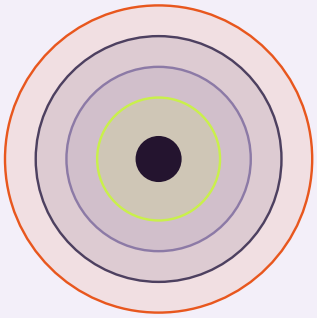
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Be unbothered without becoming cold.

HOURLIFE