

The Anatomy of Peace

by The Arbinger Institute

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 object label**

Write the role you have reduced the other person to: obstacle, villain, project, or irrelevant.

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☐ ⁰² **Add missing humanity**

List three pressures, hopes, or fears your story may be excluding.

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☐ ⁰³ **Own one contribution**

Identify one way your stance may be keeping the conflict alive.

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☐ ⁰⁴ **Ask before advising**

In the next hard conversation, ask what they want understood before offering a fix.

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☐ ⁰⁵ **State truth cleanly**

Make one clear request without character judgment.

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☐ ⁰⁶ **Pause the case**

When rehearsing arguments privately, stop and write the repair goal instead.

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☐ ⁰⁷ **Look for one right thing**

Find one valid concern inside the other person's position.

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☐ ⁰⁸ **Choose a peace move**

Do one small action that humanizes without surrendering your boundary.

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