

The Chimp Paradox

by Steve Peters

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 **Write a Chimp sentence before responding**

When triggered, write the raw emotional demand in one sentence, then wait until you can write the Human's evidence-based response beside it.

MON TUE WED THU FRI SAT SUN

⁰² **Install one Computer script**

Choose a recurring pressure moment and pre-write the rule you want to follow, such as: pause, ask one question, then decide later.

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⁰³ **Separate feeling from fact**

In a stressful moment, make two columns: what I feel is happening, and what I can prove is happening. Let the Human work with the second column.

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⁰⁴ **Box the Chimp safely**

Give the emotional system a contained outlet: a walk, a private note, a voice memo, or ninety seconds of breathing before any outward action.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Review one Gremlin belief**

Find one automatic belief that repeatedly causes trouble, then replace it with a more accurate belief you can rehearse daily.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Debrief after the trigger**

After a difficult event, ask which system led, what helped, what escalated, and what program should be installed for next time.