

The Drama of the Gifted Child

by Alice Miller

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 **Map Your Performance Role**

Write the role you were praised for as a child: exceptional, easy, helpful, invisible, mature, or flawless. Name what feeling the role kept out of view.

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⁰² **Separate Praise From Attunement**

List three compliments you received often, then ask what nobody noticed about your actual emotional state in those moments.

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⁰³ **Practice One True Sentence**

Finish this prompt without explaining it away: As a child, I was not allowed to feel... Keep the sentence plain and factual.

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⁰⁴ **Let Anger Carry Information**

When resentment appears, pause before judging it. Ask what boundary, loss, or unmet need the anger is trying to return to you.

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⁰⁵ **Offer The Inner Child Witness**

Spend five minutes writing to the younger self as a believable adult witness: I see what happened, and you should not have had to manage it alone.