

# The Gift of Fear

by Gavin de Becker

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

<sup>01</sup> **Practice one clean no**

Pick a low-stakes situation this week and say no once without over-explaining. Notice whether the other person respects it or keeps negotiating.

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<sup>02</sup> **Name your exits**

When entering a garage, office, party, or date location, quietly identify two exits and one person or desk you could move toward if needed.

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<sup>03</sup> **Audit unwanted help**

If someone offers help you did not ask for, pause before accepting. Ask: what obligation, distance, or privacy does this create?

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<sup>04</sup> **Write your warning pattern**

List three body signals that tell you something is off: a tight chest, sudden stillness, scanning for exits, or wanting to appease.

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<sup>05</sup> **Interrupt forced teaming**

When someone uses 'we' too quickly, restate separateness: 'I am going this way' or 'I will handle this myself.'

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<sup>06</sup> **Choose safety before certainty**

The next time you feel specific fear, take one protective action first, then analyze the story from a safer place.