

The Myth of Normal

by Gabor Mate, Daniel Mate

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 **Run a normality audit**

Choose one behavior you call normal because everyone around you does it. Ask what it costs your sleep, honesty, body, relationships, or sense of aliveness.

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⁰² **Track the attachment bargain**

Notice one place where you stay agreeable, impressive, silent, or useful to preserve connection. Write the truth you are not saying yet.

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⁰³ **Ask the body for context**

When a symptom or craving appears, pause before judgment. Name the sensation, the setting, the relationship, the pressure, and the unmet need nearby.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Practice compassionate inquiry**

Replace why am I like this with what did this protect. Let the answer reveal adaptation before you try to change the behavior.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Create one healing condition**

Add one concrete support this week: a boundary, a truthful conversation, a therapy session, a walk with someone safe, or a protected rest block.