

The Road Back to You

by Ian Morgan Cron

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Identify your default payoff

When stressed, ask what you are trying to secure: approval, control, peace, competence, intensity, or safety.

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02

Pick two possible types

Choose two types that sting a little and read their fear, desire, and blind spot.

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03

Name your overused gift

Write how your strength helps people and how it becomes too much under pressure.

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04

Ask one trusted mirror

Ask someone close what pattern they notice when you are tense or defended.

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05

Pause before your type move

Once a day, catch the first automatic reaction and take one breath before obeying it.

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06

Practice the opposite virtue

Choose the small behavior your type avoids: ask, rest, decide, speak, soften, or begin.

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07

Translate someone else's defense

When irritated, guess the fear underneath the behavior before responding.

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