

The Strength In Our Scars

by Bianca Sparacino

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

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01

Write the wound without minimizing it

Use plain language for what happened and what it cost you. Do not edit it to protect anyone.

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02

Choose one self-respect boundary

Name one contact, habit, or story you will stop feeding this week.

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03

Build a repair sentence

Write a sentence you can repeat when the old ache asks you to go backward.

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04

Make a soft landing list

List five safe things you can do when loneliness spikes.

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05

Practice one no-return choice

When the old pattern opens, pause for ten minutes and choose one action from your soft landing list.

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06

Compliment your survival accurately

Once a day, name a specific thing you handled without pretending it was easy.

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07

Remove one reminder

Delete, archive, move, or mute one object that keeps reopening the wound.

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