

This Is Me Letting You Go

by Heidi Priebe

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 **Write the unsent ending**

Draft one page that says what you wanted, what actually happened, and what you are choosing now. Do not send it. Let it become a record instead of a request.

MON TUE WED THU FRI SAT SUN

⁰² **Archive the evidence loop**

Move the texts, photos, and social feeds out of daily reach for seven days. The goal is not erasure. It is giving your nervous system fewer hooks.

MON TUE WED THU FRI SAT SUN

⁰³ **Name the fantasy separately**

Write two lists: the person as they behaved, and the future you kept imagining. Grieve both, but stop treating them as the same object.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Make one body-level goodbye**

Take a walk, clean a drawer, change a route, or delete one object. Choose a small physical act that tells your life the chapter has moved.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Replace checking with contact**

When you want to check on them, contact someone safe instead. Say the true sentence: I am having the urge to reopen the wound.