

# Toxic Parents

by Susan Forward

---

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> **Write the family myth in one sentence**

Name the rule you were trained to obey: do not upset them, do not tell, earn love, keep the peace, or stay small. Put it on paper so it becomes an object you can challenge.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Draft one boundary before the next contact**

Use a short sentence with no courtroom defense: I am not discussing my body, I will leave if yelling starts, or I can visit for one hour. Practice it out loud once.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Separate gratitude from obedience**

List what you genuinely received and what it does not entitle anyone to control. This keeps compassion intact without turning childhood care into adult debt.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Create an aftercare ritual**

After hard contact, do something that returns you to the present: walk, shower, text a safe person, journal three true sentences, or make food. Recovery needs a landing strip.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Choose contact by present safety**

Decide on closeness, distance, or no contact based on current behavior and earned trust, not on title, guilt, holidays, or how the family thinks you should feel.