

Unbroken

by MaryCatherine McDonald

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 **Name the Response Before the Story**

When you react strongly, pause and label the body state first: fight, flight, freeze, or fawn. Do this before deciding what it means about you.

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⁰² **Write the Protective Logic**

Complete one sentence: My body may be trying to protect me from _____. Treat the answer as a field note, not a confession.

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⁰³ **Give the Alarm New Evidence**

Pick one physical cue of safety: longer exhales, feet on the floor, cold water, looking around the room, or naming today's date out loud.

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⁰⁴ **Delay the Automatic Yes**

If fawning is your default, practice one buffer phrase: I need to check my capacity and come back to you.

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⁰⁵ **Track Repair, Not Perfection**

At the end of the day, record one moment when you returned to yourself after activation. Recovery is measured in returns.