

Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers

by Faith G. Harper

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 your alarm pattern** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write whether your default reaction is fight, flight, freeze, fawn, collapse, or a mix.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Build a trigger translation** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose one common trigger and translate it from accusation into body information.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Create a regulation menu** ☐ ☐ ☐ ☐ ☐ ☐ ☐

List five safe actions that work below the neck: breath, temperature, pressure, movement, contact.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Choose a repair person** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Identify one person or professional support you can contact before a spiral becomes private weather.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Label before story** ☐ ☐ ☐ ☐ ☐ ☐ ☐

When activated, name the state before explaining why it means everything is doomed.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Use one body lever** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Do one regulating action for two minutes before debating the thought.

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☐ ⁰⁷ **Track recovery speed** ☐ ☐ ☐ ☐ ☐ ☐ ☐

After a hard moment, record what helped you return by even five percent.