

Unwinding Anxiety

by Judson Brewer

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

Map one anxiety loop

Write the trigger, behavior, and reward for a recurring worry pattern.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

02

Pick a curiosity phrase

Choose a phrase like 'what is this?' or 'where is this in the body?' to use when activated.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

03

Create a checking boundary

Set one rule for news, symptoms, messages, or reassurance seeking.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

04

Name three body sensations

Practice neutral sensation labels so the skill is available during anxiety.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

05

List the real reward

Write what worry promises and what it actually gives you afterward.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

06

Use curiosity before fixing

When anxiety spikes, spend thirty seconds observing before problem solving.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

07

Delay one reassurance loop

Wait ten breaths before checking, asking, searching, or refreshing.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

08

Rate the reward

After worrying, score whether it helped from 1 to 10.

☐☐☐☐☐☐☐