

Waking the Tiger: Healing Trauma

by Peter A. Levine

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 **Orient to the room** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Look around slowly and name five neutral or safe objects you can see right now.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Track one sensation** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- For 30 seconds, describe one body sensation with temperature, shape, pressure, or movement words.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Build a resource list** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write five people, places, memories, objects, or images that help your body feel more supported.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Practice pendulation** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Notice one hard sensation, then one neutral sensation, for three gentle rounds.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Try a completion move** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Press your hands together for five seconds, release, and notice what changes.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Lower the dose** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- If a practice feels too much, cut the time in half and keep your eyes open.

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- ☐ ⁰⁷ **Name the survival response** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Ask whether your system is fighting, fleeing, freezing, pleasing, or settling.

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- ☐ ⁰⁸ **Stop before flooding** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- End the practice while you still have some steadiness left.