

What Happened To You?: Conversations on Trauma, Resilience, and Healing

by Bruce D. Perry, Oprah Winfrey

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 **Change the question**
- ☐ ☐ ☐ ☐ ☐ ☐ ☐
- When shame rises, write: what happened around this reaction, and what was it trying to protect?

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Regulate before analyzing**
- ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Use one body route first: feet on floor, longer exhales, warmth, pressure, or a slower room before you explain the feeling.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Find the adaptation**
- ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Name how the reaction may have helped in the past: scanning, pleasing, numbing, hiding, fighting, or overworking.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Repeat one safe rhythm**
- ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Choose a daily cue that tells the body what comes next: same walk, same check-in, same bedtime step, same grounding phrase.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Practice repair with someone safe**
- ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Make one small return after rupture: clarify, apologize, ask for a redo, or say what support would help now.