

When the Body Says No: The Cost of Hidden Stress

by Gabor Maté

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 your body alarm
List three physical signals that usually appear before you admit you are overloaded.

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☐ 02

Identify the forbidden no
Name one area where saying no feels dangerous, disloyal, or selfish.

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☐ 03

Build a recovery appointment
Put one non-negotiable recovery block on the calendar and treat it like medical infrastructure.

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☐ 04

Write the safe boundary script
Create a short boundary sentence that protects capacity without giving a courtroom defense.

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☐ 05

Scan before yes
Before accepting a request, check jaw, chest, stomach, and shoulders for a quiet no.

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☐ 06

Discharge one emotion
Give anger, grief, or fear a safe outlet through movement, voice notes, or writing.

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☐ 07

End the day with body data
Record one body signal and one context that may have contributed to it.

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