

Why Does He Do That?

by Lundy Bancroft

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 **Write the pattern, not the promise** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- List three repeated behaviors, what happened after each apology, and whether the pattern actually changed.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Separate explanation from responsibility** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- For each excuse offered, write: this may explain context, but it does not make control acceptable.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Choose a private support contact** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Identify one person or professional resource you can speak to without the controlling person monitoring it.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Make a safety-first information plan** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Decide what notes, documents, money, devices, or accounts need privacy before any confrontation.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Name the pressure tactic** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Pick the tactic you see most: blame reversal, intimidation, isolation, charm reset, jealousy, or financial control.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Record behavior factually** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- When safe, write date, behavior, impact, and witnesses without debating motives.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Check pressure after apology** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- After remorse appears, notice whether you are being rushed, guilted, monitored, or asked to comfort them.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁸ **Tell one safe truth** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Share one concrete pattern with someone trustworthy who is not invested in minimizing it.