

Why Men Love Bitches

by Sherry Argov

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ 01

Name the self-abandonment
Write where you are giving past your honest yes.

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☐ 02

Set the reciprocity test
Choose one place to stop over-functioning and observe what returns.

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☐ 03

Write the short no
Prepare one boundary sentence with no apology paragraph.

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☐ 04

Define your standard
Name the behavior that must exist for access to continue.

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☐ 05

Pause over-giving
Wait before offering what you secretly hope will buy closeness.

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☐ 06

Ask directly once
Make one clear request instead of hinting or testing.

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☐ 07

Trust behavior data
Record what the person does without your extra management.

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