

Women Who Love Too Much

by Robin Norwood

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

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01

Write the pattern plainly
Record three incidents as facts without explaining or defending them.

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02

Name your non-negotiables
List the behaviors you will no longer minimize.

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03

Choose a safe witness
Identify one person, group, or professional who can hear the truth.

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04

Pause the rescue
Wait before fixing a consequence that belongs to someone else.

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05

Reclaim one routine
Restore one activity, friendship, or practice that the relationship displaced.

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06

Make a support call first
Before returning to the cycle, contact someone outside it.

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07

Build an exit resource list
Write the contacts, money, transport, documents, and places that increase safety.

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08

Track self-abandonment cues
Notice when you hide needs, cancel plans, or explain harm away.

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