

Anxiety in Relationship

by Theresa Miller

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 **Name the pattern, not the partner**

When anxiety spikes, write down: The pattern is ____, and my nervous system is responding with ____. This separates the story from the sensation and keeps you from blaming the person you love for feelings that belong to your history.

MON TUE WED THU FRI SAT SUN

⁰² **Practice the 90-second rule**

Neuroscience shows the chemical surge of any emotion lasts about 90 seconds. When triggered, set a timer and observe the sensation without acting on it. After 90 seconds, anything you still feel is a story you are telling yourself.

MON TUE WED THU FRI SAT SUN

⁰³ **Build your anchor phrase**

Create a personal mantra for anxious moments: I am safe right now. This feeling is temporary. I can handle uncertainty. Repeat it until your nervous system believes it. The words become a bridge back to your rational self.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Replace mind-reading with mouth-speaking**

Every time you catch yourself assuming what your partner thinks or feels, convert it into a direct question: I noticed I am telling myself a story that you are upset with me. Is that true? Directness kills anxiety faster than analysis.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Create a regulation toolkit**

Build a physical box or phone note with 5 go-to calming techniques: cold water on wrists, 4-7-8 breathing, bilateral tapping, a grounding song, and a photo that makes you feel safe. When anxiety hits, reach for the box instead of your partner.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Schedule a weekly emotional check-in**

Set a recurring 20-minute conversation where you each share one thing you appreciated, one thing that felt hard, and one thing you need. Structure makes vulnerability safer. Predictability calms the anxious nervous system.