

# Anxiously Attached

by Jessica Baum

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

- <sup>01</sup> **Track the moment your body says danger**

For one week, note the exact cue that activated you: delayed reply, changed tone, physical distance, or post-conflict silence. Name the cue before you name the story.

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- <sup>02</sup> **Practice a regulation-first pause**

When you feel the urge to chase reassurance, take ten minutes before acting. Breathe, move, journal, or orient to the room until your body drops a notch.

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- <sup>03</sup> **Rewrite the first interpretation**

Each time you assume abandonment, write one alternative explanation that is neutral and one that is generous. Train your mind to widen the frame before it narrows.

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- <sup>04</sup> **Use one secure sentence**

Replace spiraling paragraphs with one direct ask: say what happened, what you felt, and what you need. Keep it specific and brief.

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- <sup>05</sup> **Map your protest behaviors**

List the moves you use when activated: double texting, over-explaining, checking, threatening to leave, shutting down. Awareness makes interruption possible.

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- <sup>06</sup> **Borrow security on purpose**

Create a short list of regulating supports: a secure friend, therapist, walk, prayer, breathwork, or scripted reminder. Use support before you seek repeated reassurance from a partner.