

Don't Feed the Monkey Mind

by Jennifer Shannon

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 monkey thought out loud**

When anxiety spikes, say the thought aloud: 'The monkey is telling me [thought].' This tiny shift in language creates observer distance and weakens the thought's hold on you.

MON TUE WED THU FRI SAT SUN

⁰² **Sit with discomfort for 90 seconds**

Anxiety peaks and passes in under 90 seconds if you don't add fuel. Set a timer. Don't escape. Watch it rise, peak, and subside. You're building the evidence that you can survive it.

MON TUE WED THU FRI SAT SUN

⁰³ **Resist one reassurance-seeking urge today**

Each time you google symptoms, ask for opinions, or check social media for clues, you feed the monkey. Today, pick one urge to resist. Notice what happens when you don't act on it.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Map your personal worry cycle**

Draw it on paper: Trigger -> Monkey Thought -> What you do -> Short-term relief -> Longer-term anxiety. Seeing your own cycle laid out makes you less automatic about running it.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Design a small exposure experiment**

Identify something you've been avoiding because it spikes anxiety. Face it this week - not for long, just long enough to let anxiety peak and fall on its own. That's the data the monkey can't argue with.