

Hardcore Self Help: F**k Anxiety

by Robert Duff

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 **Do a body scan right now**

Close your eyes for 60 seconds. Scan from head to feet. Where are you holding tension? Jaw? Shoulders? Stomach? Do not try to fix it. Just notice. Awareness is the first move - you cannot release what you have not acknowledged.

MON TUE WED THU FRI SAT SUN

⁰² **Face one avoided thing this week**

Pick the smallest thing you have been avoiding because of anxiety. A phone call. An email. A conversation. Do it - not because anxiety says it is OK, but because you decide to. Avoidance feeds the beast. Approach starves it.

MON TUE WED THU FRI SAT SUN

⁰³ **Set an anxiety time limit**

Next time anxiety hits, set a timer for 20 minutes. Sit with it. Do not distract, do not escape, do not Google your symptoms. Just watch the wave. Watch it peak. Watch it fall. It always falls. Now you have evidence.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Write your anxiety script word for word**

What is your anxiety saying right now? Write it down exactly. Every catastrophic prediction, every worst-case scenario. Then read it back out loud in a silly voice. It sounds different when it is outside your head and spoken by a cartoon character.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Move your body for 20 minutes**

Cardio completes the stress cycle. Run, walk fast, dance in your kitchen. Your body started a fight-or-flight response and needs to finish it. Movement is the completion signal. Give your nervous system the ending it is waiting for.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Tell one person how you actually feel**

Anxiety thrives in secrecy and isolation. Text someone right now. Say: I have been anxious about X. You do not need advice. You need to break the silence. Connection is the antidote to the shame spiral that keeps anxiety in power.