

How to Be Your Own Therapist

by Owen O'Kane

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 **Start the Daily Check-In**

Every morning, before reaching for your phone, ask yourself three questions: How am I feeling right now? What do I need today? What is weighing on me? Write the answers in a notebook or just say them aloud. This takes two minutes and replaces the autopilot start to your day with genuine self-awareness.

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- ⁰² **Catch One Thought Distortion Per Day**

Set a simple goal: notice one moment today when your inner critic uses absolute language - always, never, everyone, no one. When you catch it, rewrite the thought without the extreme: 'I always mess up' becomes 'I made a mistake this time.' One catch per day. Over a month, you will rewire the pattern.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Practice the Compassionate Response**

The next time you feel frustrated with yourself, pause and ask: what would I say to a friend feeling this way? Then say that to yourself - out loud if possible. This is not affirmation. It is redirecting the neural pathway from self-attack to self-support. It feels awkward at first. That is normal.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Create a Grounding Anchor**

Choose a physical grounding technique you can use anywhere: pressing your feet into the floor, holding an ice cube, or pressing your palms together for ten seconds. Practice it once a day when you are calm so it becomes automatic when you need it during stress.

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- ⁰⁵ **Schedule Your Ten Minutes**

Block ten minutes in your calendar - the same time every day. Label it 'My Session.' During these ten minutes, use O'Kane's framework: check in, identify, challenge, act. Treat it like an appointment with a therapist you are paying for. Because the cost of not doing it is real.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Build an Emotion Vocabulary**

Most people can name five emotions. Therapists use dozens. This week, try to be more specific: not just 'bad' but 'disappointed' or 'overwhelmed' or 'resentful.' The more precisely you can name a feeling, the less power it has over you. Specificity is therapeutic.