

I Thought It Was Just Me (But It Isn't)

by Brené Brown

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 **Translate shame into behavior language**

When you hear 'I am a failure,' rewrite it as: 'I made, missed, avoided, or need to repair ____.' Keep agency in the sentence.

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⁰² **Run a two-question expectation audit**

Ask: 'Who taught me this standard?' and 'Would I use this standard on someone I love?' Let the answers loosen the rule.

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⁰³ **Make an earned-trust list**

Name three people who respond to vulnerability with steadiness, confidentiality, and empathy. Those are your first calls.

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⁰⁴ **Practice one clean shame sentence**

Use: 'I am feeling shame about ____, and what I need right now is ____.' Rehearse it before you need it.

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⁰⁵ **Notice your default shame move**

For one week, track whether shame makes you move away, move toward, or move against. Pattern recognition creates choice.

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⁰⁶ **Offer empathy before advice**

When someone shares something tender, start with 'That makes sense' or 'I am with you.' Solve only after connection lands.