

No Bad Parts

by Richard C. Schwartz

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 active part in real time**

When you feel triggered, complete this sentence: 'A part of me is feeling ___ right now.' Naming reduces blending and restores choice.

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⁰² **Run a 90-second unblending pause**

Sit still, breathe slower than usual, and ask: 'Can this part give me a little space so I can hear it better?'

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⁰³ **Ask the protector's mission question**

Journal for 5 minutes on: 'What are you trying to prevent for me?' Focus on protective intent before changing behavior.

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⁰⁴ **Offer direct reassurance from Self**

Say out loud: 'I see you. Thank you for protecting me. I am here with you now.' Repeat until body tension drops slightly.

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⁰⁵ **Map one trigger to one part type**

Pick one recurring trigger and identify if it activates a manager, firefighter, or exile response. Track patterns for one week.

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⁰⁶ **Close the day with a parts debrief**

Before sleep, write one line for each: which part led today, what it needed, and one way you'll support it tomorrow.