

# The Body Keeps the Score

by Bessel Van Der Kolk

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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

<sup>01</sup> **Map Your Body Alarm Cues**

List the first three places trauma shows up physically for you: jaw, chest, stomach, hands, breath, or posture. The aim is pattern recognition, not perfection.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Build a Daily Grounding Ritual**

Create a five-minute routine that tells your nervous system the danger is over: long exhale breathing, orienting to the room, feet on the floor, or slow stretching.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Practice Pendulation**

Move gently between activation and regulation instead of forcing yourself to stay with distress too long. A little contact, then a little safety, builds capacity.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Identify Safe-Enough People**

Write down two people with whom your body softens, even slightly. Trauma healing is relational, so track who increases steadiness rather than intensity.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Explore Bottom-Up Modalities**

If appropriate, research trauma-informed approaches such as EMDR, somatic therapy, breathwork, yoga, or neurofeedback instead of relying on insight alone.