

The Happiness Trap

by Russ Harris

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 **The 'I'm Having the Thought...' Defusion**

When a difficult thought arises, add 'I'm having the thought that...' in front of it. Notice the shift in relationship. Thoughts feel less like facts and more like weather.

MON TUE WED THU FRI SAT SUN

⁰² **Name Your Story**

Write your dominant self-narrative in one paragraph. 'I'm the person who...' Then ask: is this story serving me? Would I choose it if I could? Not all stories are chosen.

MON TUE WED THU FRI SAT SUN

⁰³ **The Values Clarification Exercise**

Rank these 10 values in order of how you're actually living vs. how you want to be living: connection, achievement, creativity, integrity, health. The gaps are your guide.

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⁰⁴ **Do One Thing While Feeling Uncomfortable**

Pick one valued action you've been avoiding. Do it while feeling the discomfort - don't wait for the discomfort to go away. The discomfort usually decreases after action, not before.

MON TUE WED THU FRI SAT SUN

⁰⁵ **The Willingness Practice**

Next time an uncomfortable feeling arises, open the door to it. Don't invite it. Don't push it away. Let it be present while you continue doing what matters.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Notice 'Should' and 'Must'**

Every time you notice 'should,' 'must,' 'have to,' write it down. These are the cognitive distortions Harris says most reliably indicate that the mind is fighting reality.