DATE

Comfort first, questions later

Every chapter in this book ran the same order. This page puts that order in one place, so you can run it on anything: the same argument, the same late night, the same habit. Use it when you're calm.

1. What keeps happening? One sentence. (Example: I stay up late because it's the only time that feels like mine.)

2. Comfort first. What was my body doing right before? Hungry, angry, lonely, tired? Which one is easiest to meet? (Chapters 1 and 10)

3. Questions later. What does it give me, in plain feeling words? What was actually missing? (Chapters 8 and 10)

4. Make the old way harder. One barrier: distance, friction, or a line in the sand. (Chapter 10)

5. Build the real thing. Where else can I get what it was giving me? Would I openly talk about it? Can I keep it up? Write the smallest version I can do this week. (Chapters 8 and 10)

6. Tell one person. Who, and when? (Chapter 9)

7. A week later. What did I do that I usually would have avoided? Count it, even if I backed down on three others. What do I make smaller for next week? (Chapters 9 and 11)

In crisis? Call or text 988.