

Daily Checklist: Road Out of Loneliness

Did I ask myself what I truly think and want to say and do—and follow that if not hurtful?	<div></div>
How many times did I not say or do what I truly wanted?	<div></div>
Did I ask myself what I could say or do to make my situation better—and follow that if not harmful?	<div></div>
Did I do something to make myself laugh or feel excited?	<div></div>
Did I practice not taking things personally?	<div></div>
In a conflict, did I name my feelings internally, ask clarifying questions, paraphrase responses, set boundaries, and leave if necessary?	<div></div>
Did I carefully listen to others, consider what they might be feeling, and get their feedback on my assessments?	<div></div>
Did I share positive observations about others honestly, graciously, and in detail?	<div></div>
Did I use the Naming and Breathing meditations when feeling lonely or experiencing other negative emotions?	<div></div>
Did I work on overcoming any barriers to social contact (if I have any and if it is possible)?	<div></div>
Did I work on my cognitive distortions by examining, challenging, and replacing negative thoughts that preceded negative emotions?	<div></div>
Did I work toward my 12-week goal?	<div></div>
Did I take care of my health?	<div></div>
Did I maintain good hygiene?	<div></div>
Did I keep my living space tidy?	<div></div>
Did I wear clean and appropriate clothes?	<div></div>

Did I pay my bills on time?

[illegible]

Did I attend to my work responsibilities?

[illegible]

Did I manage my savings wisely?

[illegible]

Did I engage in activities that bring me joy and passion?

[illegible]

Did I watch, listen to, or write comedy?

[illegible]

Did I read or listen to fiction in the last 24 hours?

[illegible]

Did I learn about human psychology through books or other resources?

[illegible]

Did I write in my gratitude journal today?

[illegible]

Did I reflect on the preciousness and impermanence of everything?

[illegible]

Did I meet the same people three times or more last week?

[illegible]