

Chapters 10 to 18

REMEMBER TRY THIS

10 Alcohol, and why I stopped (twice)

Remember: Alcohol makes brain fog, bad sleep and hot flushes worse. Sliding back when life gets hard is human, not failure.

Try this: Choose on purpose. Notice when you reach for a drink to cope, not to celebrate.

11 Calming my nervous system, and living with C-PTSD

Remember: A nervous system stuck on high alert isn't a personality. It can change. A thought isn't a fact.

Try this: Cyclic sighing. Breathe in through your nose, take a second small sip of air, then breathe out slowly.

12 Routines and systems for my ADHD brain

Remember: Decide once. Let your phone remember. Tiny steps beat big goals.

Try this: Plan your week once, and stack one new habit onto something you already do.

13 Beliefs, and unlearning what I was handed

Remember: Buried feelings show up in your body. Most beliefs were handed to you, and you get to choose which ones you keep.

Try this: Catch one harsh thought and ask, "Whose voice is that?"

14 Boundaries, and the difference from expectations

Remember: An expectation is about them. A boundary is about what you will do. Guilt often means growth, not wrongdoing.

Try this: "If this happens, I'll do this." Say it simply, then follow through.

15 Unmasking, still a work in progress

Remember: Masking kept you safe once. Now it keeps you exhausted. Unmasking is a process, not a switch.

Try this: Let one small thing show with a safe person, then plan quiet time to recover.

16 Love, sex and work

Remember: Low libido and dryness can be hormones, not you or your partner. Treatment works, so don't put up with it.

Try this: Let your work remember for you: step-by-step guides, reminders and written notes.

17 For partners

Remember: Her symptoms are real, and they're not about you. Your support can make them easier to live with.

Try this: Hand this chapter to your partner. Partners: take one job off her plate today, without being asked.

18 Your first small step

Remember: Be kind to yourself first. Everything else builds on it. One small step is enough to start.

Try this: The best friend test. Would you say it to her? If not, say what you'd tell her, using your own name.

Pick just one. You don't have to do all of this. Choose one "Try this" and start there. When it feels easy, pick the next.