

Resiliency, Recovery & Relationships: A Healthier You Makes Healthier Relationships

By Kristin Snowden

Course Overview

1. Resiliency, Recovery, & Relationships Introduction

1. Resiliency, Recovery & Relationships Introduction
2. How to access Kristin & the Community
3. Self-Care Commitment & Practice
4. Giving Yourself Permission
5. A Letter on Fear, Shame and Authenticity
6. Course Outline & Goals

2. Taking a Status Check of Your Mental Health & Relationships

1. Personal and Relational Growth Intro
2. Personal Inventory Reflection
3. What is the Status of Your Relationship?
4. How Personal and Relational Growth is Integrated
5. Personal and Relational Growth Closing

3. Why We Need Relationships and How They Get So Messy

1. Relationships and Intimacy 101 Intro
2. Why We Need Relationships and How They Get So Messy
3. What Does Healthy Intimacy Look Like?
4. Signs You Might Struggle with Intimacy
5. Relationship Killers: Perfectionism and Foreboding Joy
6. Intimacy Killers: Seeking Intensity & Control
7. The Dangers of Numbing Substance And Process Addictions
8. Narcissism, Borderline and Other Personality Disorders
9. When Love Goes Wrong: Trauma Abuse and Gaslighting
10. Intimacy & Vulnerability Closing

4. Steps to Achieve Healthier Relationships

1. Achieving Healthier Relationships Intro

2. 'Have You Lost Yourself?' Quiz
3. Codependency vs Interdependency
4. The Importance of Boundaries
5. Dependency Needs are Okay.
6. The 'All About Me' Tree Exercise
7. Creating Healthier Relationships Closing

5. Personal Dialysis: Defining Your Values and Goals

1. Exploring Your Values and Goals Intro
2. How Crisis Impacts Our Values and Goals
3. What Are Values and Goals?
4. Identifying Your Values and Goals
5. Values and Goals Closing

6. The Impact of Childhood on Adult Relationships

1. How Your Childhood Relationships Impact Your Adult Relationships Intro
2. The Science Behind Childhood Attachment
3. Take the 'Attachment Style' Quizzes
4. What Creates Secure, Healthy Attachment?
5. What Leads to Insecure Attachment?
6. Steps to Creating Secure, Safe Attachment with Others
7. How to Begin Healing Attachment Wounds
8. 'Exploring Your Lost Self' Exercise
9. Reminder to Add to Your Dependency Needs
10. The Parent-Adult-Child Relationship Dynamic
11. Take-aways from the PAC Relationship Exercise
12. Take-aways from Childhood Exploration.

7. The Huge Role Our Brain Plays in Relationships

1. How Our Brain Impacts Our Mental Health and Relationships Intro
2. Understanding How We THINK, FEEL and BEHAVE
3. The Roles the Brain Trauma and Shame Play in Your Life and Relationship
4. What Everyone Needs to Know About Trauma
5. How to Control Your Brain and Body in Stress
6. Taking Back Your Power with Healthy Coping
7. The Truth and Lies About Grief and Loss

8. Understanding How Your Brain Impacts Your Life and Relationships
Closing

8. The Game-Changer: Understanding Shame

1. The Game-Changer: Understanding Shame Intro
2. The Game-Changer Shame What it Is and Isn't
3. Feeling Shame to Understand It
4. How We Defend Against Shame and Vulnerability: Shame Shields
5. What Triggers Shame in Our Life and Relationships
6. Important Reminder to Use Self-Care
7. Getting Out of Shame and Back to Connection
8. The Keys to Living Authentically and Intimately
9. Why We All Need to Practice Empathy and Compassion
10. The Game-Changer: Understanding Shame Closing

9. When Love and Relationships Become Toxic

1. When Relationships Become Toxic Intro
2. The Love Addict – Love Avoidant
3. The Love Addict – Love Avoidant Toxic Relationship Cycle
4. What is Love Addiction?
5. Do You Struggle with Love Addiction? Take the Quiz.
6. Gaslighting: The Insidiously Abusive Tactic
7. Betrayal Trauma the Most Devastating Part of Infidelity or Addiction
8. Are You Seeking Intimacy or Intensity?
9. When Relationships Become Toxic Closing

10. Developing Healthy and Efficient Communication

1. How To Develop Healthy Communication Intro.
2. Pulling All the Tools Together to Communicate Effectively
3. Developing Healthy Communication Skills
4. Understanding Your Partner When Communicating
5. How to Effectively Communicate What's Going on Inside You.
6. Proven Ways to Make a Relationship Work
7. Effective Communication Skills Closing

11. Key Take-Aways for Your Personal and Relational Growth

1. Important Key Points and Take-Aways