

# *Resiliency, Recovery & Relationships*

*A Healthier You & Healthier Relationships*

Curriculum and Exercises for Course Lectures

By

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**Curriculum Book & Video Guide**

**This curriculum book and its exercises are chronologically organized by sequential video numbers (Video 1, 2, 3, etc.)**

**1. Introduction to Resiliency, Recovery, & Relationships (Module 1)**

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

**2. Taking a Status Check of Your Mental Health & Relationships (Module 2)**

- Video 7: Personal and Relational Growth Intro
- Video 8: Personal Inventory Reflection
- Video 9: What is the Status of Your Relationship?
- Video 10: How Personal and Relational Growth is Integrated
- Video 11: Personal and Relational Growth Closing

**3. Why We Need Relationships and How They Get So Messy (Module 3)**

- Video 12: Relationships and Intimacy 101 Intro
- Video 13: Why We Need Relationships and How They Get So Messy
- Video 14: What Does Healthy Intimacy Look Like?
- Video 15: Signs You Might Struggle with Intimacy
- Video 16: Relationship Killers: Perfectionism and Foreboding Joy
- Video 17: Intimacy Killers: Seeking Intensity & Control
- Video 18: The Dangers of Numbing Substance and Process Addictions
- Video 19: Narcissism, Borderline and Other Personality Disorders
- Video 20: When Love Goes Wrong: Trauma Abuse and Gaslighting
- Video 21: Intimacy & Vulnerability Closing

**4. Steps to Achieve Healthier Relationships (Module 4)**

- Video 22: Achieving Healthier Relationships Intro
- Video 23: 'Have You Lost Yourself?' Quiz
- Video 24: Codependency vs Interdependency
- Video 25: The Importance of Boundaries
- Video 26: Dependency Needs are Okay
- Video 27: The 'All About Me' Tree Exercise
- Video 28: Creating Healthier Relationships Closing

**5. Personal Dialysis: Defining Your Values and Goals (Module 5)**

- Video 29: Exploring Your Values and Goals Intro
- Video 30: How Crisis Impacts Our Values and Goals
- Video 31: What Are Values and Goals?

Video 32: Identifying Your Values and Goals  
Video 33: Values and Goals Closing

## **6. The Impact of Childhood on Adult Relationships (Module 6)**

Video 34: How Your Childhood Relationships Impact Your Adult Relationships  
Intro  
Video 35: The Science Behind Childhood Attachment  
Video 36: Take the 'Attachment Style' Quizzes  
Video 37: What Creates Secure, Healthy Attachment?  
Video 38: What Leads to Insecure Attachment?  
Video 39: Steps to Creating Secure, Safe Attachment with Others  
Video 40: How to Begin Healing Attachment Wounds  
Video 41: 'Exploring Your Lost Self' Exercise  
Video 42: Reminder to Add to Your Dependency Needs  
Video 43: The Parent-Adult-Child Relationship Dynamic  
Video 44: Take-aways from the PAC Relationship Exercise  
Video 45: Take-aways from Childhood Exploration.

## **7. The Huge Role Our Brain Plays in Relationships (Module 7)**

Video 46: How Our Brain Impacts Our Mental Health and Relationships Intro  
Video 47: Understanding How We THINK, FEEL and BEHAVE  
Video 48: The Roles the Brain Trauma and Shame Play in Your Life and Relationship  
Video 49: What Everyone Needs to Know About Trauma  
Video 50: How to Control Your Brain and Body in Stress  
Video 51: Taking Back Your Power with Healthy Coping  
Video 52: The Truth and Lies About Grief and Loss  
Video 53: Understanding How Your Brain Impacts Your Life and Relationships  
Closing

## **8. The Game-Changer: Understanding Shame (Module 8)**

Video 54: The Game-Changer: Understanding Shame Intro  
Video 55: The Game-Changer Shame What It Is and Isn't  
Video 56: Feeling Shame to Understand It  
Video 57: How We Defend Against Shame and Vulnerability: Shame Shields  
Video 58: What Triggers Shame in Our Life and Relationships  
Video 59: Important Reminder to Use Self-Care  
Video 60: Getting Out of Shame and Back to Connection  
Video 61: The Keys to Living Authentically and Intimately  
Video 62: Why We All Need to Practice Empathy and Compassion  
Video 63: The Game-Changer: Understanding Shame Closing

## **9. When Love and Relationships Become Toxic (Module 9)**

Video 64: When Relationships Become Toxic Intro  
Video 65: The Love Addict – Love Avoidant  
Video 66: The Love Addict – Love Avoidant Toxic Relationship Cycle  
Video 67: What is Love Addiction?  
Video 68: Do You Struggle with Love Addiction? Take the Quiz  
Video 69: Gaslighting: The Insidiously Abusive Tactic

Video 70: Betrayal Trauma the Most Devastating Part of Infidelity or Addiction  
Video 71: Are You Seeking Intimacy or Intensity?  
Video 72: When Relationships Become Toxic Closing

**10. Developing Healthy and Efficient Communication (Module 10)**

Video 73: How to Develop Healthy Communication Introduction  
Video 74: Pulling All the Tools Together to Communicate Effectively  
Video 75: Developing Healthy Communication Skills  
Video 76: Understanding Your Partner When Communicating  
Video 77: How to Effectively Communicate What's Going on Inside You  
Video 78: Proven Ways to Make a Relationship Work  
Video 79: Effective Communication Skills Closing

**11. Key Take-Aways for Your Personal and Relational Growth (Module 11)**

Video 80: Important Key Points and Take-Aways

Additional resources, information, and tools provided at the end of the curriculum book