

WHERE DO I EVEN BEGIN - READING CHECKLIST

TITLE

READ

HOW DID WE GET HERE?

IT'S NEVER TOO LATE TO BE WHO YOU MIGHT HAVE BEEN

A PERSONAL NOTE

CHALLENGE IT TO CHANGE IT!

WHERE DID YOU GO?

7 REASONS WHY WE DON'T HEAL

MENDING MENTAL HEALTH

PART I

4 UNDENIABLE TRUTHS

DID I EXPERIENCE TRAUMA?

HOW DO I RECOGNISE TRAUMA?

HOW PAST TRAUMA AFFECTS YOUR LIFE TODAY

WHEEL OF TRAUMA

HOW WE GOT HERE

GIVE BACK THE LIES, RECLAIM THE TRUTH

SO THAT'S WHY I DO THAT

S.E.A.R.C.H.E.D

HOW EVIDENCE OF BEING S.E.A.R.C.H.E.D SHOWS UP IN YOUR LIFE

HOW WE SUFFER WHEN WE'RE S.E.A.R.C.H.E.D

YOU ARE NOT TO BLAME

WHY WAS I S.E.A.R.C.H.E.D?

THE TRAUMA SURVIVAL ZONE

STEPPING OUT OF THE ZONE

THE ONE QUESTION

WHAT YOUR PAST TAUGHT YOU ABOUT YOURSELF

I DON'T WANT TO BE LIKE THEM!

RECLAIMING MY TRUE PERSONALITY

INNER CHILD

DEPRESSION

BE KIND TO YOUR MIND

KINDER THOUGHTS ABOUT ME

SELF-KINDNESS

MAKING THE FAMILIAR UNFAMILAR...AND VICE VERSA

CHOICE

REMEMBER THREE THINGS

THINK ABOUT IT

STOP AND THINK

OVERTHINKING

MY '4 STICKY NOTES TO EMOTIONAL FREEDOM' PLAN

MINDSET

LEAVING THE TRAUMA SURVIVAL ZONE

AMAZING BRAINS

FIRST THINGS FIRST

PROVOKING FEAR-BASED MEMORIES

SUFFERING FROM MEMORIES

NEUROPLASTICITY

NEGATIVES AND THEIR OPPOSITES

EVERY TIME

HABITS

REWRITING HABITS, RECLAIMING POWER

CAN YOU TEACH AN OLD DOG NEW TRICKS?

COPING MECHANISMS

'F' WORDS

AND WHAT ABOUT 'P' WORDS?

MANAGING YOUR FEAR RESPONSE

FEEL THE FEAR AND DON'T DO IT ANYWAY

TRIGGERS

WHO AND WHAT TRIGGERS YOU?

PHYSICAL REACTIONS TO TRIGGERS

REACTIVE ABUSE

TRIGGERS AND POWER-HUNGRY PEOPLE

READING BETWEEN THE LIES

ENDING THE TRIGGER CYCLE

FINAL WORD ON TRIGGERS

POWER AND CONTROL

7 STEPS TO HEALING CONTROL

HOW TO MANAGE CONTROL IN NEW RELATIONSHIPS

THE DANCE OF CONNECTION

S.E.A.R.C.H.E.D & SOCIAL CONNECTION

STARTING CONVERSATIONS WHEN YOU'RE ANXIOUS

MEETING NEW PEOPLE

OVERWHELM

YOU CAN COPE WITH ANYONE AND ANYTHING!

SO, WHO WERE YOU BEFORE ALL THEIR SHIT BLOCKED OUT
YOUR SUNSHINE?

THE SACRIFICIAL OVERWHELM SCREAM

I KNOW WHY I FEEL LIKE THIS

KNOWING YOUR LIMITS VERSUS BEING 'PERFECT'

A WORD ABOUT OTHER PEOPLE'S DENIAL OF YOUR PAIN

LOW 5 VIBE

PROCRASTINATION

HOW DO WE STOP PROCRASTINATING?

PROCRASTINATION vs CONTROL

COMPARISON

PERFECTIONISM

IMPOSTER SYNDROME

ACKNOWLEDGING AND EMBRACING YOUR ACHIEVEMENTS

HOW TO VALIDATE YOURSELF

SELF-VALIDATION

DO AFFIRMATIONS WORK?

INVALIDATION

MY SELF-VALIDATING STATEMENT

PASSIVE AGGRESSION

UNMET NEEDS

SIGNS YOUR CHILDHOOD NEEDS WERE NOT MET

(UN)REALISTIC EXPECTATIONS

GETTING OUR NEEDS MET

UNMET NEEDS AND RELATIONSHIP STRUGGLES

EMOTIONAL DEPENDENCE

PART II

THE SHADOW OF SHAME

WHAT IS SHAME AND WHERE DOES IT COME FROM?

RECOGNISING THE ACTIONS AND BEHAVIOURS OF SHAME

MY SHAME STORY

CAN SHAME EVER BE HEALTHY?

THE TOXIC POOPS

HEALING SHAME ONCE AND FOR ALL

THE TRUTH ABOUT FORGIVENESS

THE STEPS I TOOK TRYING TO FORGIVE OTHERS

FORGIVENESS AFTER TRAUMA IS HARD WORK

SELF-FORGIVENESS

THE THREE STEPS I TOOK TO FORGIVE MYSELF

SELF-PUNISHMENT

PUNISHING ME TO PUNISH THEM

THE UMBRELLA OF SELF-PUNISHMENT

HOW DO YOU PUNISH YOURSELF?

FORGIVING OTHERS

HOW CAN I TELL IF I WANT TO PUNISH OR FORGIVE?

JARS OF JUSTICE

A FINAL NOTE ON JUSTICE

APOLOGIES AND FORGIVENESS

WHEN FORGIVENESS NO LONGER MATTERS

WHEN SOMEONE CAN'T OR WON'T FORGIVE YOU

THE 'INNER CRITIC'

HOW TO MANAGE AN OUTER BULLY

A LITTLE NOTE ON CRITICAL PROJECTION

INNER WARRIOR NOT INNER CRITIC

ARE YOU TRADING YOUR STANDARDS?

BOUNDARIES

SAYING NO

WHEN WE WANT TO SAY NO BUT...

CONFRONTATION

SELF-TRUST IS THE FIRST SECRET OF SUCCESS

SO HOW DO WE LEARN TO TRUST SOMEONE?

WHAT IS TRUST?

TRUST SPECTRUM

WHO CAN AND CAN'T YOU TRUST?

IS TRUST ALWAYS NECESSARY?

A CALMER ME

WHY REWARDING YOURSELF MATTERS

YOUR BRAIN ON RESET AND REWARD

EMPATHY FOR OURSELVES

A LITTLE NOTE ON OUR NERVOUS SYSTEM

I KNOW WHY THE CAGED BIRD SINGS

MEDITATION

THREE LITTLE WORDS

A NOTE ABOUT MY TEENAGE SELF

YOUR NEW KNOWLEDGE...AND SETBACKS

I CHOOSE CONSCIOUS POWER OVER UNCONSCIOUS PAIN

PART III

THE UNDENIABLE POWER OF PERMISSION

SELF-PERMISSION

PERMISSION TO BE YOURSELF

HOW TO BE RESILIENT

FAILURE

13 REASONS WHY YOUR FAILURES ARE A GOLDEN TICKET
TO YOUR FUTURE SUCCESS

RECLAIMING RESILIENCE

EMBRACING FAILURE

CLOSURE

LAST WORD ON CLOSURE

BURNING THE PAST

APOLOGISING TO OURSELVES

RED FLAG PEOPLE

SHADOW VICTIMS

THE AWKWARDS

NARCISSISTS

HAS NARCISSISM BECOME A BUZZWORD?

DRAMA QUEENS

THE RESCUER AND RESCUEE

CO-DEPENDENTS

EMOTIONAL DISRUPTORS

NEGGING AND DESTABILISATION

GUILT-SHOVELLERS

WHO ARE THE RED FLAG PEOPLE IN YOUR LIFE?

YOUR WOUNDS + THEIR WOUNDS = MORE WOUNDS

A TEST TO SEE IF A PERSON IS TOXIC

REMOVING OURSELVES FROM TOXIC PEOPLE

WHERE DO WE EVEN BEGIN?

S.M.A.R.T GOALS

LIFE PURPOSE

WHERE ARE YOU NOW AND WHAT WILL YOU UNPACK?

TAKE YOUR BROKEN HEART AND MAKE IT INTO ART

YOUR THOUGHTS ABOUT YOU

10 TRUTHS TO HEAL YOUR CREATIVE HEART

HOW WOULD YOU DO IT ALL DIFFERENTLY?

THE VIEW FROM THE OTHER SIDE OF HOPELESS

TURN AROUND BRIGHT EYES, YOU ARE NOT YOUR PAST

TURN YOUR LIGHT ON

WHO ARE YOU?

IF YOU'RE HAVING SUICIDALTHOUGHTS

FROM MY MESSY HEART TO YOUR MESSY HEART

MY HEALING MANTRA

YOU ARE ENOUGH

FINAL TRUTHS (FOR NOW)