

Breakthrough to a New You: Self-Love and Healing Curriculum

Chapters	Description
Chapter 1: The Life of Deception and How it All Began	This chapter will help you understand Trauma Attachments, Cognitive Dissonance, and Co-Dependency. Gaining an understanding of Trauma Attachments will help you understand how your pain, hurt and dysfunctions began in your childhood. Through Cognitive Dissonance, you will learn how to unlearn bad habits that cause you to pick dangerous and dysfunctional partners over and over again. By recognizing Co-Dependency traits, you will learn how to be a whole person in a relationship with a partner who compliments you and not control you.
Chapter 2: Find Out if You are Really Addicted	This chapter will break down the dynamic of shame, attachment traumas, loneliness, and abandonment. You will take a self-discovery assessment to find out what or who you are addicted to
Chapter 3: Opiate and Codependency Addiction	This chapter will expound upon the Opiate and Codependency Addiction. This information is from an article titled <i>Codependency and Opiates: Understanding This Co-occurring Condition</i> by David Sherman.
Chapter 4: Are You in a Poisonous and Deadly Relationship?	This chapter will help you understand the dangerous stages of the toxic relationship. You will find out the type of narcissist you are entangled with. You will gain a deeper understanding of the Honeymoon stage, Detachment stage, and the Abandonment stage
Chapter 5: Who or What is Really Your God/Higher-Power?	This chapter will help you to retrain your brain so that you can experience faith, not fear. Help you to release the illusion of who you have made your God. Help you let go of the fight and learn how to stop the war within.
Chapter 6: Take Back Your Power	This chapter will help you Identify what has you bound and learn the strategies for releasing them. You will understand <i>toxic soul ties</i> and explore what your soul has been bound to. You will understand the different manipulation tactics and how they are aimed to target your specific personality. You will understand why even when you know you don't need the soul time relationship; you still cannot leave the relationship.
Chapter 7: Learning the Strategies of How to Become More Courageous, Fearless and Successful	This chapter will help you free yourself through meditation practices. You will learn how to become more emotionally intelligent through thinking first with your mind instead of your heart
Chapter 8: What are Boundaries?	This chapter will help you learn how to set boundaries with friends, family, and your mate.
Chapter 9: Self-Esteem	This chapter will help you understand the six pillars of self-esteem so you can begin to regain your confidence.
Chapter 10: Self-Awareness and Self-Love	This chapter will help you strengthen yourself-awareness and begin to love yourself again; have self-love.
Chapter 11: Tips and Strategies	This chapter will help you learn how to have No Further Contact with the Narcissist and how to avoid them at all cost.
Chapter 12: Finally Living the Life God/Higher-Power Called You to Live	This final chapter will help you develop a crisis plan for your life so that when you are targeted you will not fall into the narcissist trap again.