



THE RECOVERING SHOULDAHOLIC
12-WEEK PLAN

WEEK 1

STEP 1 - A

Honesty with self and loved ones

AWARE

- Develop approach to being aware of harsh self-criticism

IMPACT

- Notice impact to self or loved ones when critical voice starts

WEEK 2

STEP 1 - B

Honesty with self and loved ones

BENEFIT

- Appreciate how perfectionism has served you

PAST

- Understand why it is a maladaptive coping mechanism

WEEK 3

STEP 2 - A

Aspiration for the journey

ASPIRE

- Develop hope for a better future

INSPIRE

- Notice impact on motivation when hopeful about future

WEEK 4

STEP 2 - B

Aspiration for the journey

BUILD

- Develop faith in goal, process, and self

LEARN

- Do research about the power of shame

WEEK 5

STEP 3 - A

Prioritize self care

AWARE

- Develop awareness of what brings you energy and joy

IMPACT

- Notice impact to self or loved ones when 'in the flow'

WEEK 6

STEP 3 - B

Prioritize self care

BENEFIT

- Understand the benefit of self-compassion

PAST

- Make a shift in self-talk from critical to curious approach

WEEK 7

STEP 4 - A

Emotional regulation

ASPIRE

- Desire better relationships with self and loved ones

IMPACT

- Prioritize relationships over other goals

WEEK 8

STEP 4 - B

Emotional regulation

BUILD

- Develop the calming tools when critical voices start up

LEARN

- Do research about nervous system during stress

WEEK 9

STEP 5 - A

Develop routines

AWARE

- Develop awareness of habits and routines

IMPACT

- Determine if they are helpful or hindering to your goals

WEEK 10

STEP 5 - B

Develop routines

BENEFIT

- Understand where they came from and what needs they met

PAST

- Build routines on top of established habits you want to keep

WEEK 11

STEP 6 - A

Control the narrative

ASPIRE

- Ditch the stories that no longer serve you and create new ones

IMPACT

- Notice how your stories impact how you take action

WEEK 12

STEP 6 - B

Control the narrative

BUILD

- Build a voice you want to hear and want to share

LEARN

- Learn your history and fit it into your new narrative

NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 1

TAKE AWAY FROM THERAPY:

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TAKE AWAY FROM COACHING:

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 2

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 3

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 4

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 5

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 6

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 7

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 8

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 9

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 10

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 11

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NOTES FOR THERAPY AND TRAUMA RECOVERY COACH - WEEK 12

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