



Dating and Relationships for People with Childhood PTSD

The Workbook!

*Thanks for downloading this Intro/Table of Contents.
Most of the videos in the course are accompanied by handouts
and/or worksheets. You can print them out as you go, completing
the assignments and keeping your work together in a binder or
folder.*

*One of the techniques you'll be learning as part of "The Daily
Practice" involves writing and releasing your fears and resentments
twice a day. It is recommended that you NOT keep these writings
with your other materials because a) there's no need to revisit these
thoughts and b) the thoughts are not meant for others to see. My
suggestion is to shred, burn or wet your writings as soon as they are
complete.*

Technical difficulties? Send your question to:
support@crappychildhoodfairy.com





CONTENTS

INTRODUCTION

Video 1: Welcome

[Download Course Contents](#)

Video 2: Overview of the Course

Video 3: My Story

PART 1: GET YOUR BASELINE

Video 4: Define What You Want and Write it Down

[Exercise 1: Define Your Ideal Life](#)

[Exercise 2: Define Your Ideal Partner](#)

Video 5: The ACE Survey

[Exercise 3: Take the ACE Survey and Get Your Score](#)

Video 6: Dysregulation, The Root of Childhood PTSD

[Checklist: Common Signs and Symptoms of Childhood PTSD](#)

[Exercise 4: Your Own Signs Of Dysregulation](#)

Video 7: Emergency Measures to Re-Regulate

[Instructions: Emergency Measures to Re-Regulate](#)



PART 2: MAKE A SPACE FOR A PERIOD OF CHANGE

Video 8: Overview of Daily Practice

[Overview of the Full Daily Practice](#)

Video 9: How I Learned the Daily Practice

Video 10: How to Write Fears and Resentments

[Instructions: How to Write Fears and Resentments](#)

Video 11: How to Meditate

[Instructions: How to Meditate](#)

[Daily Practice FAQ](#)

PART 3: IDENTIFY SELF-DEFEATING BEHAVIORS

Video 12: What Are Self-Defeating Behaviors?

[Self-Assessment: Common Self-Defeating Behaviors for People with Childhood PTSD](#)

Video 13: 1) We're Attracted to Unavailable People

[Self-Assessment: Attraction to Unavailable People](#)

Video 14: 2) We Get Triggered Around Intimacy

[Self-Assessment: Triggers Around Intimacy](#)

Video 15: 3) We Get Too Good at Fitting Ourselves to Unacceptable Situations/People

[Self-Assessment: Fitting Yourself to Crap](#)

Video 16: 4) We Have Trouble Seeing Our Own Role in Our Problems

[Self-Assessment: Seeing What Is and Is Not Your Responsibility](#)

Video 17: 5) We Have a Hard Time Being Alone, or Leaving

[Self-Assessment: Fear of Being Alone](#)

PART 4: CLEAR AWAY THE OBSTACLES

Video 18: Address Personal Problems

[Self-Assessment: Personal Problems](#)

Video 19: Change Attitudes & Beliefs That Stand in Your Way

[Self-Assessment: Attitudes and Beliefs](#)

Video 20: End Relationships That Don't Fit

[Self-Assessment: Relationships That Don't Fit](#)

Video 21: How to Break Up With Someone You're Dating

[Guide: How to Break Up](#)

PART 5: STRUCTURED DATING

Video 22: Why We Need Structured Dating

[Guidelines: Structured Dating](#)

Video 23: Going SLOWLY

Video 24: Making Dates

Video 25: Now That You're Dating

Video 26: How to Stay Regulated in a Relationship

[Checklist](#)

Video 27: How to Know if This is the One to Marry