

Items you will need to complete this program:



1. A Journal and a pen or pencil

- There are many people who believe that putting “pen to paper” helps us to get in touch with thoughts or feelings that are not yet conscious - if you don’t already have or use a journal, now is the time to get one. And locate your favorite pen too!
- This journal is just for you (not your kid’s coiled notebook left over from school)
- It should reflect who you want to BE - an image or quote that you feel represents who you are on the inside
- I recommend (and I have done this) that you go to a store you enjoy, buy yourself a latte (or tea or hot chocolate or whatever you like to drink) and browse the selection of stationary, choosing something beautiful that creates a feeling of relaxation for you
- I recommend (and I have done this) that you, also, purchase any birthday cards you will need for the next 3 months. How often do you get to the stationary department of your favorite store? Just think your way through the next 6 months of anyone who *readily* comes to mind as celebrating a birthday (don’t go logging into your phone to find names - if they don’t come to mind immediately when you think of the month - this exercise is not intended for them!). There are several reasons I suggest this. First, it creates a sense of preparedness which is important for reclaiming yourself in this process of rediscovering intimacy. Second, the cards are a wonderful way to work through some emotions, you will likely laugh, tear up and have some great memories as you browse the sentiments in the greeting cards. Remind yourself that you ARE worth the time you are taking to do this exercise and that these are YOUR emotions and memories - they are part of you and they are worth experiencing on this day.



2. A small folder or binder to keep your notes

- Some people prefer to print the handouts and slides while others save the trees and do everything electronically but you will need a place to keep your homework and any other notes you jot down while working through the modules.
- One of those folders that has inside pockets on each side will work fine.

