

HELPFUL ONLINE RESOURCES AND TOOLS



Baggage Reclaim Blog by Natalie Lue:

<http://baggagereclaim.com/>

Getting Past Your Breakup Blog by Susan Elliot

[http://www.gettingpastyourbreakup.com/
gettingpastyourpast](http://www.gettingpastyourbreakup.com/gettingpastyourpast)

Positive Thoughts Blog

<http://positive-thoughts.typepad.com/>

Yoga for Beginners

<http://www.yogabasics.com/practice/yoga-for-beginners/>

Meetup

<http://www.meetup.com/>

Meditating for Beginners:

[http://www.how-to-meditate.org/breathing-
meditations.htm/](http://www.how-to-meditate.org/breathing-meditations.htm/)

Meditation Oasis by Richard and Mary Maddox

<http://www.meditationoasis.com/podcast/>

Calming Corner Meditation MP3s (NYU)

[https://www.nyu.edu/life/safety-health- wellness/student-
health-center/services/mental- health/relaxation-
oasis/calming-corner.html](https://www.nyu.edu/life/safety-health-wellness/student-health-center/services/mental-health/relaxation-oasis/calming-corner.html)

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Free Meditation and Spirituality Podcasts:

http://meditation.org.au/podcast_directory.asp

CBT Skills Handouts

<http://www.morninglightcounseling.org/healing-a-recovery/67-tools-for-recovery/132-handouts-on-cbt-skills>

DBT Skills

<http://dbtselfhelp.com/index.html>

Nutrition Blog Network

<http://www.nutritionblognetwork.com/>

**Practical Wisdom for Clarity, Freedom and
Happiness blog by Gail Brenner**

<http://gailbrenner.com/>

Art Therapy and Trauma

<http://www.internationalarttherapy.org/trauma.html>

HELPFUL ONLINE RESOURCES AND TOOLS:

Drawing Effective Personal Boundaries Worksheet:

<http://www.liveandworkonpurpose.com/files/Boundaries.pdf>

21 Tips to Stop Being a People-Pleaser

<http://psychcentral.com/lib/21-tips-to-stop-being-a-people-pleaser/0007158>

10 Ways to Say No from The Society of Recovering Doormats

<http://thesocietyforrecoveringdoormats.com/2014/08/10/10-ways-to-say-no/>

12 Core Boundaries to Live by in Dating and Relationships

<http://www.baggagereclaim.co.uk/12-core-boundaries-to-live-by-in-life-dating-relationships/>

Five Ways to Build Healthy Boundaries

<http://www.writingthroughlife.com/five-ways-to-build-healthy-boundaries>

Different Types of Personal Boundaries

<http://psychcentral.com/lib/what-are-personal-boundaries-how-do-i-get-some/00016100>

10 Ways to Practice Positive Rebellion

<http://allisoncrow.com/10-ways-to-practice-positive-rebellion/>

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DBT Interpersonal Effectiveness Handout:

http://www.dbtselfhelp.com/html/ie_handout_8.html

Healthy Boundaries Information Sheet:

http://ehcounseling.com/materials/boundaries_2006_06_06.pdf

**Codependency Book List by the Guru Herself,
Melody Beattie**

<http://melodybeattie.com/codependency/>

**HELPFUL ONLINE RESOURCES AND
TOOLS:**

Guidelines for meditation can be found here:

<http://www.meditationoasis.com/how-to-meditate/general-guidelines/>

Learn more about mindfulness here:

<http://dbtselfhelp.com/html/mindfulness.html>

Learn more about opposite action here:

http://dbtselfhelp.com/html/opposite_action.html

Look at the Pleasurable Activities List here:

http://www.dbtselfhelp.com/html/er_handout_8.html

Learn more about mantras here:

<http://www.chopra.com/community/online-library/terms/mantra>

Learn more about the anxiety cycle here:

http://www.morninglightcounseling.org/images/stories/pdf/DBT_Handouts/Decatastrophizing.pdf

Learn more about radical acceptance here:

http://www.dbtselfhelp.com/html/radical_acceptance_part_1.html

HELPFUL RESOURCES AND TOOLS:

Cognitive distortions handout:

http://www.morninglightcounseling.org/images/stories/pdf/CBT_Handouts/10_Forms_of_Twisted_Thinking.pdf

Cultivating positive awareness:

http://www.morninglightcounseling.org/images/stories/pdf/CBT_Handouts/Gratitude_Journal.pdf

Positive Thinking Handout:

http://www.mindtools.com/pages/article/newTCS_06.htm

Creating a Gratitude Journal:

http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal/

Positive Affirmations Hypnosis by Joseph Clough

<http://josephclough.com/blog/positive-affirmations-hypnosis-free-mp3-download/>

HELPFUL ONLINE TOOLS AND RESOURCES:

Joseph Clough's Be Your Potential podcast

<http://josephclough.com/blog?category=Podcast>

**Psychopath Free Forum for Emotional and Physical
Abuse Survivors:**

<https://www.psychopathfree.com/forum.php>

**Let Me Reach, Surviving Narcissistic Abuse by Kim
Saeed:**

<http://letmereach.com/>

After Narcissistic Abuse (ANA)

<http://afternarcissisticabuse.wordpress.com/>

**Signs That You May Have an Abusive Boyfriend by
Natalie Lue**

<http://www.baggagereclaim.co.uk/signs-that-you-may-have-an-abusive-boyfriend/>

The National Domestic Violence Hotline:

<http://www.thehotline.org/>

HELPFUL TOOLS AND RESOURCES:

Tools for Healing

<http://www.huffingtonpost.com/author/shahida-arabi>

&

<http://everythingehr.com/healing-our-addiction-to-the-narcissist-an-interview-with-shahida-arabi/>

The Gray Rock Method

<http://180rule.com/the-gray-rock-method-of-dealing-with-psychopaths/>

Signs of an abusive relationship

http://www.helpguide.org/mental/domestic_violence_abuse_type_s_signs_causes_effects.htm#signs

Twelve core boundaries to live by in relationships by

Natalie Lue

<http://www.baggagereclaim.co.uk/12-core-boundaries-to-live-by-in-life-dating-relationships/>

Self-Love Kit by Christine Arylo

<http://madlyinlovewithme.com/self-love-kit/>

Live Through This blog

<http://livethroughthis.org/>

Positive/Alternate Rebellion:

http://dbtselfhelp.com/html/alternate_rebellion.html

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Alternatives to Self-Harm by the Sirius Project:

<http://sirius-project.org/2011/08/16/distractions-and-alternatives-to-self-harm/>

The Single Woman blog by Mandy Hale:

<http://thesinglewoman.net/category/blog/>

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