**Resilience groups from 18th April, 2022:**

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| **Title** | **Course content** | **Learning outcome** |
| **Core Content: Part 1. Week starting 18th April.** | What drives your anxiety? Your anger ?? | Understanding how deep-seated beliefs can be the underlying cause of triggers |
| **Core Content: Part 2. Week starting 25th April.** | What drives your fear? Your Jealousy? | Becoming aware of how interlinked emotions can be managed. |
| **Attachment issues: Part 1. Week starting 2nd May.** | What does healthy/secure attachment look like? | Understanding how patterns of attachment are built. |
| **Attachment issues: Part 2. Week starting 9th May.** | Learning how to recognise unhealthy attachment**.** What are the different kinds of unhealthy attachment? | How to begin to stand back from unhealthy attachment. How to gradually build better relations. |
| **Emptiness and isolation: Part 1. Week starting 16th May.** | How does it feel being on your own? Are you afraid of the feeling of emptiness. | Understanding where emptiness derives from and to manage it without panic. |
| **Emptiness and isolation: Part 2. Week 23rd May.** | Does isolation feel safe? Can you be isolated when in company? | Finding ways to be comfortable being on your own. The benefits of your own company. |
| **Self-talk: Part 1. Week starting 30th May** | What do you tell yourself? Whose voice is it? What do you say to yourself? | Identifying where the voice comes from (a controlling /punishing parent?) How can you challenge it? |
| **Self-talk: Part 2. Week starting 6th June** | Do you hear anything positive? How come it is undermined? | How can the positive be strengthened? How can you build better evidence against the negative |
| **Self-destructive urges: Part 1. Week starting 13th June** | What purpose do they serve? What are the negative consequences? | What else can you do? |
| **Self-destructive urges: Part 2. Week starting 20th June.** | What are the underlying causes of these urges? | How can you manage them? What tools do you have? |
| **Forgiveness: Part 1. Week starting 27th June.** | What is it and when is it possible? | Learning to recognise damage and vengeful urges. |
| **Forgiveness: Part 2. Week starting 4th July** | How to acknowledge the dynamics of the relationship. | How to stay protected. |