

https://macom.org.il/aftermath/topic_did/dependency-in-the-treatment/

Hi to whoever is reading this :). The past four years have been monumental in my recovery. These are some of the things that have helped me. I wanted to have it all in one place because I keep recommending some of the same things over and over again. This is a work-in-progress; I'm still adding to it as well as editing.

My main issues have included CPTSD which was expressed in depression and suicidal ideation; anxiety; executive dysfunction/ADHD; unstable relationships (attachment issues); indecisiveness; lack of meaning; work issues (not knowing what I want to do with my life, finding it difficult to focus on work, financial struggles).

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My Story

Coming soon.

Books:

I like to read, and books have been an accessible, cheap resource for me. Some of these books I found for free in travellers' cafes or libraries.

TL;dr of some of my most recommended books:

<https://chenpo.blog/non-triggering-healing-books/>

If you can't afford to buy the books, check your local library or the following resources:

Used books with free shipping worldwide, not connected to Amazon, and they donate to literacy programs: <https://www.betterworldbooks.com>

Free pdfs and ebooks: <https://b-ok.asia/>

The CPTSD starter-kits

These are the books that people almost always recommend.

Complex PTSD: From Surviving to Thriving by Pete Walker. I felt that it had a pretty good balance between psychoeducational knowledge and practical knowledge. For example, he explains what emotional flashbacks are and gives tips on dealing with them. I didn't think the book is so well-written in terms of the prose, but I don't think it matters in this case. I went on to read his memoir and plan on reading his third book (which I think is his first) as well.

One of my main issues with this book is that it says people type into one of the four F's in terms of their trauma response (fight/flight/freeze/fawn) when that hasn't been my experience. I feel it might be frustrating not to be able to type yourself if you feel that it's necessary. As someone who classifies himself as a "fawn type", he writes mainly about that. Other types, mainly fight responses, don't get as much attention in his book.

I also didn't really like some of his methods regarding dealing with the inner critic, like yelling at it. I prefer just to notice it and try not to take it seriously.

Otherwise, this is an essential book.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk. I didn't find this book as helpful as Pete Walker's book. The first half of the book talks about the effects of trauma on the brain and body. It's important, but my feelings reading it was both "great, I'm screwed", and on the other hand, that my trauma wasn't big enough. The book uses a lot of examples of people who were sexually abused in childhood

and things like that, which is important. However, I felt that it excluded things like emotional neglect, bullying, trauma from being sick as a child, etc.

The second half of the book deals with solutions, but I didn't find it too helpful. The solutions seemed too easy: a bunch of people with extreme PTSD did yoga for two weeks and got cured. I had been doing yoga for a while at that point, and I didn't find it helpful, so I was a bit discouraged by this book.

I think this book would have been more helpful for me if I didn't already have a Bachelor's in Psychology. It's good at giving a lot of necessary knowledge, but it can also be triggering. Overall though, a very important book, and I do recommend trying it.

Those are the two that are always recommended, and I would add these as primers, as well:

Running on Empty: Overcome Your Childhood Emotional Neglect by Jonice Webb.

This is a good book for people who feel that they weren't "traumatized enough." It focuses on the things that you might have been missing in your childhood, even when your parents are kind and well-intentioned. The book talks about several different types of emotional neglect. It also has some practical exercises.

Waking the Tiger: Healing Trauma by Peter Levine. This is a good, in-depth book about the effects of trauma on the body and the importance of somatic therapy. I found parts of it quite out-there when I first read it. I assume I would be more open to it now.

When The Body Says No: The Hidden Cost of Stress by Dr. Gabor Mate. This is one of my most recommended, simply because I love Dr. Gabor Mate so much. He gives off a really gentle, understanding energy to me. He uses stories of clients he's treated throughout his career as a medical doctor and seems to really care.

Quotes:

"Settling for the view that illnesses, mental or physical, are primarily genetic allows us to avoid disturbing questions about the nature of the society in which we live. If "science" enables us to ignore poverty or man-made toxins or a frenetic and stressful social culture as contributors to disease, we can look only to simple answers: pharmacological and biological."

"You see, the acting-out, the yelling, the screaming and even the hitting, all that a person does, serves as a defense against the experience of the anger. It's a defence against keeping the anger inside where it can be deeply felt. Discharge defends against anger being actually experienced."

"The other way we can avoid the experience of anger is through repression. So repression and discharge are two sides of the same coin. Both represent fear and anxiety, and for that reason, both trigger physiological stress responses regardless of what we consciously feel or do not feel."

Adult Children of Emotionally Immature Parents by Lindsay C. Gibson. There are some great exercises in this book.

Self-compassion, self-esteem, quieting the critic, mindfulness

There Is Nothing Wrong with You: Going Beyond Self-Hate by Cheri Huber. This is the first book I read on self-compassion, and it made some things fall into place for me. I think it's a shame I don't see this book recommended more. It's easy-to-read, yet direct and to the point. There was a part where she talks about how we can judge ourselves for being too self-judgemental, which I was dealing with. She wrote something like, "if I could have compassion for myself for hating myself, then I wouldn't be hating myself, I would be loving myself." Pretty simple, and yet groundbreaking.

Quotes:

"Your love will always be conditional as long as you are excluding any part of yourself from it."

*"People 40, 50, 60 years old
are waiting for their parents
to parent them.*

*The odds are very good
that's not going to happen*

*If your parents could love you the way you want to be loved
it would already have happened"*

Radical Acceptance By Tara Brach. Tara Brach uses a gentle tone and includes suggestions for meditations to practice. This book is focused on meditation and mindfulness but has a lot of useful insights.

Quote:

"Perhaps the biggest tragedy of our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns...We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small."

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron. I read this book when I was in a really low period, and it helped me feel a little bit more hopeful. The chapters are relatively short and straightforward, so they're easy to read when you're busy or depressed. There's no complicated language or scientific talk, just good reminders when we're going through a hard time. It's one of my top recommendations on the list: it talks about all the most important concepts of Buddhism/mindfulness in a simple way.

Quotes:

“Rather than letting our negativity get the better of us, we could acknowledge that right now we feel like a piece of shit and not be squeamish about taking a good look.”

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“Most of us do not take these situations as teachings. We automatically hate them. We run like crazy. We use all kinds of ways to escape -- all addictions stem from this moment when we meet our edge and we just can't stand it. We feel we have to soften it, pad it with something, and we become addicted to whatever it is that seems to ease the pain.”

“Things falling apart is a kind of testing and also a kind of healing. We think that the point is to pass the test or to overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.”

Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff. This is an in-depth book about self-compassion by one of the biggest researchers in the field. Despite that, I didn't get too much out of this book, possibly because I had already read a bit about self-compassion by that point. I don't feel it's really geared for people who have had abuse or trauma in their past, or deal with mental disorders. It could be a good intro book on the topic, though.

I liked the mantra she uses:

This is a moment of suffering.

Suffering is part of life.

May I be kind to myself in this moment.

May I give myself the compassion I need.

Feeling Good: The New Mood Therapy by David D. Burns. This book is an in-depth look into cognitive-behavioral therapy by one of the people who helped popularize it (CBT was originally developed by Aaron Beck). I found it pretty well-rounded, and it addressed a lot of different issues. On the other hand, that means that it's quite long, which can be overwhelming. CBT is quite a clinical approach, and it's not a complete picture for healing trauma. I believe that somatic work is essential. However, it can be a good tool for recognizing and challenging negative thought patterns, and easing some symptoms of anxiety and depression.

There's a lot of different exercises and worksheets that you can practice.

Quote:

“Labeling yourself is not only self-defeating, it is irrational. Your self cannot be equated with any one thing you do. Your life is a complex and ever-changing flow of thoughts, emotions, and actions. To put it another way, you are more like a river than a statue. Stop trying to define yourself with negative labels”

Relationships, communication, social skills

Nonviolent Communication: A Language of Life by Marshall B. Rosenberg. This book teaches an effective method of communication where we learn to recognize feelings, needs, and requests in every communication. It's a great tool not only to dissolve conflicts but also to increase our self-awareness.

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship by Mira Kirshenbaum.

Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love by Amir Levine, Rachel S.F. Heller. This book is all about attachment theory and how it's helpful to understand our relationships. It was the first full book I read about attachment theory and it's a good basis, but **overall I would not recommend it** for the following reasons:

- This book doesn't touch upon disorganized attachment much and instead just says disorganized is a mix of anxious and avoidant. Reading this book, I didn't pick up that my attachment is actually disorganized and instead assumed I was anxious.
- The book seems to "favor" people with an anxious attachment over those with more of an avoidant attachment and makes it out like the avoidant partners are the main problem - which is actually counterproductive for the anxious person to believe, as it keeps them focused on the other person instead of solving our/their own unhealthy behaviors.
- I have heard there are better books on attachment theory out there, like Polysecure, but I have not read them yet. My best resources on attachment theory are Thais Gibson/Personal Development School on Youtube (she has a book that's supposed to be good), and The Secure Relationship on Instagram/Facebook (she's coming out with a full-length book soon which I feel will be good).

Hold Me Tight: Seven Conversations for a Lifetime of Love by Dr. Sue Johnson.

Another book on attachment, this one focuses more on practical things couples can do to improve their relationship.

Why Does He Do That?: Inside the Minds of Angry and Controlling Men by Lundy Bancroft. My personal opinion is that it seems a bit simplistic and outdated, but it is useful for women in relationships that include controlling behavior, physical violence, or verbal abuse. Overall, I don't think I'm the intended audience. My relationships have often been unstable, but mainly as a result of unhealthy behaviors from both sides.

The main benefit of this book is that you can find it [online for free](#). It also gives practical advice on how to leave abusive relationships.

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie. This book was published in 1986. It's useful to understand codependency, but a lot has changed since then. Most of the book talks about codependency as "people who are attached to alcoholics". It's very Twelve-Steps and therefore talks a lot about a Higher Power, which I found difficult. Overall a helpful book that

reminds us to take care of ourselves, but I'm sure there are similar books that are more current (she has written a more updated book about codependency herself, as far as I am aware).

The Language of Letting Go: Daily Meditations on Codependency by Melody Beattie.

These are short (around a paragraph to one page) meditations on various topics regarding relationships, emotional regulation, and recovery.

Memoirs

Reading and hearing others' stories always interested me. It's helped me feel less alone, as well as understand myself better.

Irritable Hearts: A PTSD Love Story by Mac McClelland. This is a memoir of someone who develops PTSD around the same time they meet a new romantic partner. I loved this book because it shows the healing process of PTSD, how long it takes, and how it affects work, relationships, and everything else in life.

Prozac Nation: Young and Depressed in America by Elizabeth Wurtzel. Maybe it's no longer relevant, but this book made me feel understood when I was in high school and suicidal. It had a lot of relatable quotes for me. It's quite amazing how much more knowledge we have about mental health in just twenty years.

Quotes:

"That's the thing about depression: A human being can survive almost anything, as long as she sees the end in sight. But depression is so insidious, and it compounds daily, that it's impossible to ever see the end."

Wasted: A Memoir of Anorexia and Bulimia by Marya Hornbacher. This book was one of my favorites in high school. I identified with it, even though I never had an eating disorder. Her prose is stunning. She's since written several other books about recovery, which I hope to read and review.

Quotes:

"You never come back, not all the way. Always there is an odd distance between you and the people you love and the people you meet, a barrier thin as the glass of a mirror, you never come all the way out of the mirror; you stand, for the rest of your life, with one foot in this world and no one in another, where everything is upside down and backward and sad."

"I didn't particularly want to live much longer than that. Life seemed rather daunting. It seems so to me even now. Life seemed too long a time to have to stick around, a huge span of years through which one would be required to tap-dance and smile and be Great! and be Happy! and be Amazing! and be Precious! I was tired of my life by the time I was sixteen. I was tired of being too much, too intense, too manic. I was tired of people, and I was incredibly tired of myself. I wanted to do whatever Amazing Thing I was expected to do— it might be pointed out that these were my expectations, mine alone—and be done with it. Go to sleep."

Madness: A Bipolar Life by Marya Hornbacher. Again, I was not personally diagnosed with Bipolar, but I love her writing, and found a lot to identify with here. It doesn't have much in the way of solutions, though. Apparently, she wrote several other books about her recovery and experience with the 12-steps, which I plan to read someday.

Quotes:

"But new love only lasts so long, and then you crash back into the real people you are, and from as high as we were, it's a very long fall, and we hit the ground with a thud."

The Happiness Project: Or Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun by Gretchen Rubin. I'm not sure whether to classify this as a memoir. Gretchen Rubin decided to dedicate a year to becoming happier. She focuses on something else every month: family, friends, health, etc. Even though this book isn't specific to trauma or recovery, I found it a useful and fun read.

Quotes:

"The days are long, but the years are short."

"One of the best ways to make yourself happy is to make other people happy. One of the best ways to make other people happy is to be happy yourself."

HOMESTEADING in the CALM EYE of the STORM: A Therapist Navigates His Complex PTSD by Pete Walker. I don't think Pete Walker is the best writer. Still, I found his memoir useful to read, especially as his book about CPTSD is so highly recommended in the recovery community. It was good to read his story, but I did find myself negatively comparing myself to him in parts, ie "he's had this trauma and he's done so much! And things don't even sound like they were that difficult for him!" Overall, I feel that this book gives a good overview of how recovery can take a long time, and the different phases it takes. It can give hope that things can turn out well for us.

Quotes:

This Is Not The Story You Think It Is: A Season of Unlikely Happiness by Laura Munson. This is basically the story of how the author decides to act (instead of react) when her long-time husband and father of her children tells her he's not sure he loves her anymore and wants to move out. There are some good bits about mindfulness, being true to ourselves, and taking responsibility for our emotions and behaviors.

ADHD, Addiction, and Other Mental Disorders

Scattered Minds: The Origins and Healing of Attention Deficit Disorder by Gabor Mate. This is the book that introduced me to Gabor Mate. The book may not be for everyone. He talks about how ADD symptoms can result as a result of attachment trauma. I didn't read it

as he was saying ADD doesn't exist, but I can understand why some people might take issue with it.

Chasing the Scream: The First and Last Days of the War on Drugs by Johann Hari.

Johann Hari talks about the harmful consequences of the war on drugs. In doing so he points out how much trauma and addiction are correlated. This is quite a trigger-heavy book: a lot of talk about violence and trauma.

Other

No Bad Parts Healing Trauma and Restoring Wholeness with the Internal Family

Systems Model by Richard Schwartz. This book is about the Internal Family Systems modality, which Richard Schwartz developed. The premise of the books is that we all have an array of "parts" within us that all have the intention of protecting you.

How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence by Michael Pollan.

Psychedelics have been a gamechanger on my recovery journey (which I will write about more in-depth). Michael Pollan goes over research in the psychedelic field and how it's being used in mental health care. He also reviews his own experience with psychedelics.

Waking Up: A Guide to Spirituality Without Religion by Sam Harris. I decided I was an atheist when I was seven. I always wanted to believe in something, and saw the benefits of spirituality, but could never find anything that I connect with. Sam Harris talks about psychedelics, consciousness, mindfulness, and spirituality from a scientific, fact-based approach.

Suggestible You: The Curious Science of Your Brain's Ability to Deceive, Transform, and Heal by Erik Vance. A popular science book that covers placebos, hypnosis, and false memories. The takeaway is that we can use our bodies' suggestibility as a tool to help us heal ourselves.

Waiting: A Nonbeliever's Higher Power by Marya Hornbacher. If you don't believe in a Higher Power but are considering joining a Twelve-Step program, this book is for you. Each chapter talks about one of the steps from a secular view.

I started reading this book as I joined ACA (Adult Children of Alcoholics and Dysfunctional Families) but still had resistance to doing the program and steps. The helpful bit is around the 85% mark where she talks about prayer as a practice of increasing spiritual awareness.

Come as You Are: The Surprising New Science that Will Transform Your Sex Life

by Emily Nagoski. This is a great book about sexuality. While it's geared mainly towards cis-women, I think most of it can apply to everyone. The book also touches upon stress, trauma, and "completing the stress cycle" - letting stress and trauma move through our body. Overall a very informational and uplifting book.

A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life by Ayelet Waldman. Ayelet Waldman charts a month of her life as she tries microdosing to manage her PMDD/mood swings.

Fiction

The Enchanted by Rene Denfeld.

The Midnight Library by Matt Haig. This is a fiction book about a woman who tries to commit suicide and ends up in a library filled with books of lives she didn't lead... She starts delving into these lives, seeing where she could have ended up if she had made this or that decision. I found it quite therapeutic as the main character goes through the process of depression recovery, learning to deal with regret and coming to terms with "life fright".

Mysterious Skin by Scott Heim. A sad and touching book about two different boys who shared a similar trauma but developed in very different ways. This book can be quite triggering as it deals with childhood sexual abuse.

The Perks of Being a Wallflower by Stephen Chbosky. This was one of my favorite books in high school, and reading some quotes from it will still make me tear up. Charlie starts school with no friends, but quickly gets to know Sam and Patrick, who accept him as he is. Charlie starts to get to know himself, his emotions, and his past.

Next on My To-Read List

I'm one of those people who always has a big to-read list that I have no clue if I will ever get to. I haven't read them yet, so I can't be sure if they are good, but I hope to get to them.

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn

How to Do the work: Recognize Your Patterns, Heal from Your Past, and Create Your Self by Nicole LePera

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner

Not The Price of Admission: Healthy relationships after childhood trauma by Laura S. Brown

An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison.

The Noonday Demon: An Atlas of Depression by Andrew Solomon.

The Book You Wish Your Parents Had Read by Phillipa Perry.

The Orchid and the Dandelion by W Thomas Boyce.

The Tao of Fully Feeling: Harvesting Forgiveness Out of Blame by Pete Walker.

First, We Make the Beast Beautiful: A New Story About Anxiety by Sarah Wilson.

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing by Christiane Northrup.

Average is the New Awesome: A Manifesto for the Rest of Us by Samantha Matt.

Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed by Lori Gottlieb.

Lost Connections: Uncovering the Real Causes of Depression - and the Unexpected Solutions by Johann Hari.

Learning from the Voices in My Head by Eleanor Longden.

The Deepest Acceptance: Radical Awakening in Ordinary Life by Jeff Foster.

Talk Yourself Better: A Confused Person's Guide to Therapy, Counselling and Self-Help by Ariane Sherine

McMindfulness: How Mindfulness Became the New Capitalist Spirituality by Ronald Purser.

Getting Unstuck Without Coming Unglued: A Woman's Guide to Unblocking Creativity by Susan O'Doherty.

Why We Work by Barry Schwartz.

The Unexpected Joy of the Ordinary by Catherine Gray.

Sane: Mental Illness, Addiction, and the 12 Steps by Marya Hornbacher.

We've Been Healing All Along: Stories of Hope on the Road to Mental Health by Marya Hornbacher.

ETC

Podcasts

I mainly listen to podcasts as I'm falling asleep, so I have fewer recommendations for those.

[The One You Feed: Practical Wisdom for a Better Life](#). This is the one I listened to most. A lot of quality interviews with experts in the mental health field on topics like mindfulness, ADHD, habit changes, depression, anxiety, etc.

[The Huberman lab](#). Looking at the science of things like how heat exposure/sauna/ice bath can help mental health, treating OCD, exercise, nutrition, etc.

[Stuck Not Broken](#). A fantastic podcast about polyvagal theory.

[So-Called Normal](#). Kind of similar to The One You Feed, Mark Henick also has his own experience battling mental health. After a man talked him off of the ledge during a suicide attempt when he was 15, he dedicated his life to speaking about mental health. He invites others with mental health struggles from all walks of life - artists, comedians, scientists, therapists, and more.

[The Trauma Therapist](#). This podcast is dedicated more specifically to trauma and has episodes focusing on different types of trauma like childhood sexual abuse, domestic violence, and so on.

ADHD Rewired.

Where Should We Begin? A peek into couple's therapy.

This Jungian Life.

Mental Illness Happy Hour.

Back from the borderline.

We can do hard things.

Articles/blog posts/research

[Laziness doesn't exist](#). Written by a social psychology professor, this article explains how unseen barriers (like trauma/depression/ADHD/poverty) can look like laziness. As someone who has always internalized and believed that I was lazy, this was an important read.

[Shrinking the inner critic](#) by Pete Walker.

[The Orchid and The Dandelion](#). This article is about a theory from a pediatric doctor that says that "four-fifths of children appear to be "dandelions," who can thrive in most environments. The remaining fifth are "orchids," who are more exquisite and unusual and have a higher potential than dandelions – but for this to be realized they require a particular environment and careful gardening." I try to remind myself of this theory when I catch self-judgemental thoughts like "why do other people have worse trauma and turn out 'fine'?"

[Trauma, trust and triumph: psychiatrist Bessel van der Kolk on how to recover from our deepest pain](#).

[Study of Holocaust survivors finds trauma passed on to children's genes](#). The [study](#).
[Stress being passed down by sperm](#).

[Avoidant Attachment, Part 1: The Dependence Dilemma](#) and [Avoidant Attachment, Part 2: The Downside of Preservation](#), a good series of articles that explains what happens in insecure leading to avoidant attachment.

[Intuition](#) and relationship anxiety.

[Is PTSD contagious?](#) By Gabriel Mac.

[Can trauma be stored in the body?](#)

[Do psychedelics alter the menstrual cycle?](#)

[Identifying core wounds](#)

[How Quiet Fascination Restores your tired brain](#)

[Fascia and the vagus nerve.](#)

[6 'Tells' That Your Parents May Be Emotionally Neglectful.](#)

[The healing power of breathing](#)

Instagrammers

Following mental health Instagrammers helps by giving me small, daily reminders. When I scroll through my feed, I see positive things, rather than comparing my life to people who seem “better” than me.

Many of them also offer courses, worksheets, healing groups, etc that can be cheaper than traditional face-to-face therapy and may be worth checking out.

Here are some of the people I follow.

[The Holistic Psychologist](#). She mainly talks about learning to recognize the stories that our ego/mind tells us, self-healing, and keeping promises to yourself. She uses a method called future Self Journaling, which I don't practice yet, but you don't need to follow this method to gain something from her posts. She also has a [Youtube channel](#).

[The Secure Relationship](#). This is one of my favorite accounts. Lots of examples and useful advice about attachment styles and healthy communication. I like that she doesn't shame or glorify one particular attachment style over the other.

[This Is Yolanda Renteria](#). Lovely trauma therapist.

[Yourdiagnonsense](#). He posts a lot of memes, but I find that he's pretty good at calling out some of the more simplistic stuff that becomes popular in pop-psychology. He's pretty critical about attachment theory, which I personally get a lot out of, but I like a lot of the other stuff he posts.

[Therap.issued](#) A group of therapists posting reaffirming things about recovery.

[Silvykhucasian](#): She posts mainly about attachment theory, relationships, and setting boundaries.

[Kreftscouch](#). A Psychologist that makes short videos mainly about boundaries and releasing trauma through dance. She's great for teenagers or people who are living with family as she posts examples of how parents can violate our boundaries and how you can respond to them.

[Seerutkchawla](#). A trauma-informed therapist that posts about various topics including self-love and relationships.

[Sitwithwhit](#). A therapist who posts about toxic positivity and other mental health stuff.

TikTok

Katerinawrites. Fearful avoidant stuff.

Jimmyknowles1. Relationship stuff.

PatrickTeahanTherapy. Childhood trauma stuff.

bdcCarpenter. Exercise/nutrition/anti-diet stuff.

Loli.evi - relationship stuff

Teanoux - relationship/nonbinary stuff

Dr.brein - neuroscience stuff

Catiesaurus - ADHD stuff

domestic blisters - tips for cleaning/life upkeep with ADHD/depression

Melissaparkssays - attachment/relationship stuff

Sambentley - good news roundups

Doctorsamz - a trauma-informed queer chiropractor

Youtube videos

[Gabor Maté – Authenticity vs. Attachment](#) (4:18). A great, short video about the importance of attunement and how the lack of it can harm us, even if we don't remember any "big" traumas in our life.

[The Polyvagal Theory: The New Science of Safety and Trauma](#) (28:09). A good talk about the role of the nervous system and the vagus nerve in safety/PTSD/mental disorders, with some tips on regulation.

[The Neuroscience and Power of Safe Relationships - Stephen W Porges](#) (50:03). An interview with Stephen Porges about the importance of co-regulation in relationships.

[Everything you think you know about addiction is wrong | Johann Hari](#) (14:42). Johann Hari breaks down a lot of common misconceptions about addiction in a great TED talk. He talks about the importance of connection and the harmful effects of the war on drugs.

[Gabor Mate - The Roots of Healing](#) (1:07:54). I love how he uses his own experience and calls out his own issues and the effects of his behavior.

[YOU ARE RIGHT WHERE YOU NEED TO BE. \(truthfully\) by The Holistic Psychologist](#) (4:04). I was judging myself for not being where I “should” be in life, for “not doing recovery right,” comparing myself to others who seemed to be healing faster, etc. This was an important reminder for me.

[The Voices in My Head - TED talk](#) (14:17). Eleanor Longden talks about her experience as she started to hear voices, take medication, and get even worse. She eventually learned to listen to her voices and see them as signs from her body about her mental health.

[What is the point of depression? By What I've Learned](#) (16:08). A video that examines why depression would exist in human genetics; what purpose would it serve? The video examines theories like the inflammation theory of depression.

[How To Begin Healing Trauma Bonds](#) by The Holistic Psychologist (6:18). I like this video in opposition to other material on trauma bonds because there's no shaming. She points out that we all engage in trauma bonds and that we can heal them from the inside while in a relationship by focusing on ourselves. Note this doesn't mean that we're to blame! She's also direct and to-the-point, with no fluff.

[What Does It Mean to Be Triggered?](#) (12:38). This video goes into what happens when we get triggered.

[Personal Development School - Thais Gibson](#). This is a channel all about attachment styles. Thais goes in-depth to how and why people with insecure attachment act in certain ways and how to heal those wounds to become more securely attached.

[Disorganized attachment and “the low road”](#) (05:26). Dr. Dan Siegal, an attachment researcher, on disorganized attachment style and how it can lead to “low road” reactions as responses to triggers.

[Attachment styles as nervous system responses](#) (17:34). Attachment theory explains how insecure attachment keeps us stuck in our childhood trauma in relationships. Healing attachment wounds can be done, but you first need to understand how your nervous system produces your responses to attachment.

[Somatic Meditation To Release Trauma Stored In The Body](#) (13:22). I found this meditation a lot more useful than standard body scans.

[Ester Perel - What To Do If Your Partner is Depressed](#) (2:19).

[Do you need to be single to heal the fearful-avoidant attachment style?](#) her entire [youtube channel](#) is one of the best resources specifically on disorganized/fearful-avoidant attachment

[What is pmdd? Healing trauma and rewriting your brain](#)

[What do healthy boundaries look like?](#)

[Is healing our responsibility?](#)

[When the body says no: caring for ourselves while caring for others](#) 1:15:47

[Gabor Mate: Authenticity](#) 35:51

[5 core wounds of the fearful avoidant](#)

[Do you have unrealistic relationship expectations?](#)

Reddit Communities

Links and elaborations soon.

[Post on r/cptsd reviewing the Crappy Childhood Fairy course](#)

r/cptsd

r/cptsdnextsteps.

r/depression_partners

r/cptsdpartners

r/cptsdrelationships

r/emotionalneglect

r/eood

r/attachment_theory

TV shows and movies

[You're The Worst](#). This show goes on for five seasons and follows Jimmy (a self-absorbed writer) and Gretchen (a self-destructive PR agent) as they navigate a dysfunctional relationship. Hilarious and touching, it touches upon PTSD, depression, childhood family dysfunction, and how it affects us as adults.

Bojack Horseman (Netflix). This show got me through one of the lowest periods of my life, in a "hurts-so-good" kind of way. I had just lost several friends to addiction, and the show handles topics such as alcoholism, overdoses, self-hate, depression, codependency, recovery and other issues beautifully.

[Mr. Corman](#).

[Thanks For Sharing](#). This is a movie about sex addiction that I saw once years ago and plan to watch again. What stood out for me was how they showcased the pain in addiction well, and also that recovery isn't a linear process, as well as the importance of a support system and coping mechanisms.

[My Mad Fat Diary](#). A short British TV show (I think it only has 15 episodes). The show starts when Rae leaves a mental hospital after a stay of several months. It follows her as she starts treatment with a new therapist, reintegrates with friends, and deals with relapses.

Feel Good (Netflix). Follows Mae, a standup comic, as she enters a relationship. The relationship starts out unhealthy as they deal with issues like coming to terms with sexuality and gender identity, codependency, addiction, PTSD, and so on.

[Dosed](#). A beautiful movie about the use of psychedelics in healing addiction. Instead of a series of interviews with experts, the movie follows Adrian, a heroin addict, as she uses mushrooms and then iboga to help her recover. Adrian doesn't remember any specific traumas, but she knows she's trying to escape her emotions. Psychedelics help her face them. I liked that this movie showed that using psychedelics for healing isn't just about taking a trip once and becoming "cured".

Apps

GG OCD - A gamified way to practice more adaptive thinking. There are "journeys" for different types of anxieties as well as trauma, anger, and body image.

[ROCD treatment](#) - a free website for people struggling with relationship OCD

[You feel like shit](#). An interactive website that walks you through things that may help when you're going through a tough time.

General life tips/thoughts

Do the things that work for you

This is the most important. It's simple but not easy to practice. Everything I mentioned is my own experience and opinion. Each of us has our own history, genetic makeup, resources, abilities, etc.

For example, I kept hearing about how important it is to have a routine. I could never keep it up for long, and I would judge myself for it. Instead, I now focus on doing things for myself every day. It feels relevant for my process, which includes learning to listen to myself and trust myself. So, while some people function best with a consistent morning routine, I do something different every day. One day it could be a yoga class, the next, it will be journaling or reading, and the day after I will put on some music, dance around and do the dishes. My focus is to try and do things that will nourish me, and start the day in a positive way before continuing to the things I need to do.

Before bed I generally try to shut off my phone and read a little bit. Sometimes I also write good things that happened during the day. I keep a journal that I decorate with stickers, etc, to make it more appealing to write in and read again afterward.

Join support groups.

Support groups are an awesome way to process things you're going through in between therapy sessions or especially if you're not currently in therapy. Groups I've tried include:

- Refuge Recovery.
- Codependents Anonymous.
- Sex and Love Addicts Anonymous.
- ACA (Adult Children of Alcoholics and Dysfunctional Families).

I'm not personally an addict and no one in my family is an alcoholic, but I managed to get a lot out of these groups. ACA, in particular, shares a lot of commonalities with CPTSD. The "traits" they discuss are basically symptoms of CPTSD (for example, "We became approval seekers and lost our identity in the process").

The best part is that these meetings are common (can be found nearly anywhere) and they're free (or ask for a small donation to cover costs). I've been doing online groups. You can find groups in your area or online here: adultchildren.org.

Psychedelics

The first time I took MDMA and LSD, I didn't know about their healing potential. By the time I first took mushrooms, I had heard about it, but hadn't done enough research yet. I ended up having a horrible trip, but one that I felt was very important. Things shifted in me after that, and other trips were very beneficial. I've tried MDMA, LSD, mescaline (San Pedro, or wachuma), mushrooms, and ketamine.

I believe that psychedelics can help us, in a sense, communicate with our bodies and see what needs healing. We can then integrate those lessons in our daily lives.

I believe that psychedelics have tremendous potential for healing, but they can be dangerous if not taken caution with - particularly because they can cause anxiety or bring up trauma. Doing psychedelics in an unsupportive environment can be scary. I highly recommend doing a lot of research first, do a ceremony or use a guide, and of course, set and setting.

If you want to use psychedelics, make sure to read about "bad trips" first and how to avoid them. Become familiar with regulation techniques like breathing. Research dosage, go slowly - better to take too late than too much, especially when you're starting out. I would recommend starting out with mushrooms or MDMA. LSD/acid lasts longer, which can be difficult if you want it to end. This is very personal, though.

Here's a link to an article I wrote about [using psychedelics for mental health](#).

Food/Nutrition/Medication/Supplements

Even though I knew the importance of eating healthy, I was still surprised when I made actual changes to my diet and noticed a boost in energy and mood. I struggle with executive dysfunction and rarely cook big, healthy meals. Things that helped me:

- Mastering a few quick and easy go-to meals.
 - For me, one was smoothie bowls. I kept frozen fruit in my freezer and some dry ingredients like flax seeds, sunflower seeds, and granola to use as toppings. This is a versatile meal as different combinations make different tastes. Frozen berries and bananas make one good combo. Peanut butter (or other nut butter), bananas, and cacao is another good combination. I sometimes use powders such as mixed greens or spirulina for some extra health benefits, or fresh greens if I have any.
 - Other quick meals can include chili, stuffed potatoes, sandwiches, etc. Keep healthier snacks around (like hummus and vegetables; fruit; granola instead of sugary cereal; dark chocolate instead of overly sugary chocolate).
- Supplements I've used: B12, vitamin D, Vitex (for PMDD/hormonal regulation), evening primrose oil (for hormonal regulation), algae DHA (instead of fish oil).

Exercise

[איך אני לומדת לאהוב ספורט](#)

Self-Compassion

Spirituality and alternative treatments

I became an atheist at the age of seven. Over the years, I have wanted to find sometimes to believe in, but was never able to connect to any one thing. I've experimented with several forms of alternative therapies, including Family Constellations (as a participant in someone else's Constellation - I haven't tried my own yet), acupuncture, reiki, plant medicine ceremonies, EMDR, rebirthing, and Inner Dance. I've also read a lot about Buddhism and have done yoga, tai chi, and qi gong.

I haven't found the one thing that clicked for me and is the end-all-be-all but I am enjoying trying different modalities and taking what I can from each one.

[Family Constellations](#) is a type of channeling/therapeutic method that aims to heal generational trauma. It's not scientific by any means, but I had interesting stuff come up while I was standing in for others (acting as their sister/father etc) and also accurate representations of people in my life by people who did not know my history. It's not something I choose to pursue at the moment but I'm glad I had the opportunity to try it.