

Anna Runkle - Crappy Childhood Fairy - Connection Bootcamp

Get rid of the Triggers that Keep You Isolated

For those who were abused or neglected as children, feeling isolated and alone is common. This is the final step.-By-Step program will help you to BREAK YOUR ISOLATION and build more trusting, authentic, and happy relationships with those in your life.

Each day, you will receive one video and one worksheet. This is to help you build awareness and skills. Nearly four hours of content.

Learn how neglect and abuse in childhood can affect your ability to connect with friends and loved ones.

Learn how to identify the triggers that make you panic or pull away and what to do to calm them.

Stop avoiding, clinging, and controlling behavior that drives people away

Adopt AnnaHere are some practical strategies that can help you overcome connection problems and build more fulfilling relationships.

About the Connection Bootcamp

Are you experiencing these signs? Do you feel like you're part of a group when you are not in it? Do you find yourself avoiding social engagements, simply because it's triggering to be around other people? Do you find it common to say hurtful words to others and then regret it later? Do you stay in unhappy relationships just so you won't have to be alone? Are your relationships more superficial than you'd like? Do you feel like people are pulling away from you? Are you lonely and empty at parties or in romantic relationships? Are you afraid of making a new friend? "wait for the other shoe to drop," Are you expecting them to leave you? Are you sometimes feeling like other people have abandoned you? "instruction manual" for how to live life, but you've had to figure things out for yourself? Do you fear being alone in the world because of a fear? These symptoms and others are signs of a struggle for connection. I invite you to sign up for this powerful course.

Course Curriculum

Day 1: Welcoming! Day 1: Welcome!

2 Day 2 – The Problem of Isolation: Day Two: The problem of isolation Worksheet 2 : How isolated are you?

3 Day 3: Emotions and Action Day Three: Emotions and Action Worksheet 3 – Grief and First Steps

Day 4: People Trigger you Day Four: People Trigger Your Worksheet 4: People Triggers You

5 Days 5: Calming your Triggers Day Five: Calming You Triggers Worksheet 5 : Daily Practice Techniques

6 Day 6: The People Who You WANT in your Life Day Six: The people you WANT to be in your Life Worksheet 6: The people You Want in Your Lives

7 Day 7: Covert Avoidance Day Seven: Covert Avoidance Worksheet 7: Covert Avoidance

8 Day 8: Boundaries Quick Check-In Video: Review Week 1 Check-In Worksheet: Review Week One Day Eight: Boundaries Worksheet 8: Your Boundaries

9 Day 9 – The Urge of Flee Day Nine – The Urge a Flee Worksheet 9 : When You Feel the Urge, Flee

10 Day 10 – Abandonment Day Ten – The Fear (or Feelings) of Abandonment Worksheet 10, Abandonment

11 Day 11: Being Too Different-Focused Day Eleven – Losing Yourself in Others Worksheet 11: Being Too “Other-Focused”

12 Day 12 – When Loneliness Is a Problem “Leaks” CB 12 Worksheet 12: Leaky Loneliness_2 CB 12: When Loneliness leaks

13 Days 13: Seeing Your Role in the Problems Day Thirteen: When you can’t see your own role in the Problems Worksheet 13 – How to See Your Role in the Problems

14 Day 14 – Are we different than other people? Day 14: Do you feel different than others? Worksheet 14 – Feeling Different

15 Day 15 – Feeling As An Outsider in a Group Day Fifteen: Feeling as an Outsider a Groups Worksheet 15.

16 Day 16 – Social Awkwardness Quick Review-In Video: Review Week Two-Worksheet 16: Social Awkwardness: Week Two, Day Sixteen Worksheet 16 – Social Awkwardness

17 Day 17: Feeling Unheard Day Seventeen: Are You Having Trouble Being Heard Worksheet 17 – Why you don’t feel heard

18 Day 18: Anger Day Eighteen: Dysregulation Day Eighteen Anger Worksheet 18 Dysregulated Anger

19 Day 19: People Pleasing Day 9teen: People-Day 19 of Pleasing: The Problem With People-Pleasing

20 Days 20: Defendedness Day Twenty – Are You Too Defended To Love? Worksheet 20 – Are You Too Defended To Connect?

21 Day 21 – The Urge To Control Day Twenty-One: Does everyone have to respect your boundaries? DAY 21: Asking for what you want

22 Day 22 – Punishing with Silence Day Twenty 2: How NOT to Give the Silent Treatment Worksheet 22 : How to Keep Communication Open

23 Day 23: Your Red-Flag Detector Quick Check-In Video: Review Week Three-In Worksheet: Review Week 3 Day Twenty Three: Your Red Flag Detector Is Broken Worksheet 23 Detecting Red Flags

24 Day 24 – Healing Your Ability See Red Flags Day Twenty Four : Heal Your Red Flag Locator Worksheet 24 : Healing Your Ability See Red Flags

25 Day 25: Healing Shame, Day Twenty Five: Shame or Grace? Connection Worksheet 25 Shame (completed by listening to Guided Relaxation's audio file). Guided Relaxation: Shame Exercise. (audio only).

26 Day 26 – Discouragers & Naysayers Day Twenty Six : Disconnecting From People Who Discourage you Worksheet 26 : People Who Do Not Want You to Heal

27 Day 27: Creating Boundaries in Challenging Situations Day Twenty-Seven: 10 Tips to Take Care of Yourself around Difficult People Worksheet 27, 10 Tips for Holding Boundaries

28 Day 28 – The People Who Are No Longer Fit. Day Twenty eight – The People Who Are No Longer FIT Worksheet 28 : Who is No Longer Fit?

29 Days 29: How You Can Be a Good Friend Day Twenty Nine. Friendship Skills Sheet 29: How You Can Be a Better Friend

30 Day 30 – Healing Apologies day Thirty: How do you make a Healing Apology Sheet 30 Healing Apologies day 30 Guided Relaxation Connection Bring Good into the World

Here's what you'll get in Anna Runkle – Crappy Childhood Fairy – Connection Bootcamp

	1. Day One Welcome and Overview.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	94.6 MB
	1.a Ex1TakingStockVision.pdf 	Shareknowledge Digital	Dec 22, 2021	Shareknowledge ...	180 KB
	2. Day Two The Problem of Isolation.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	58.6 MB
	2.a HowIsolatedAreYou.pdf 	Shareknowledge Digital	Dec 22, 2021	Shareknowledge ...	142 KB
	3. Day Three Emotion and Action.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	40.9 MB
	3.a Ex3GriefandFirstSteps.pdf 	Shareknowledge Digital	Dec 22, 2021	Shareknowledge ...	220 KB
	4. Day Four People Trigger You.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	45.7 MB
	4.a Ex4YOURPEOPLETRIGGERS.pdf 	Shareknowledge Digital	Dec 22, 2021	Shareknowledge ...	210 KB
	5. Day Five Calming Your Triggers.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	65.3 MB
	5.a Techniques.pdf 	Shareknowledge Digital	Dec 22, 2021	Shareknowledge ...	421 KB
	6. Day Six The People You WANT in Your Life.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	45.2 MB
	6a. The People You WANT in Your Life.pdf 	Shareknowledge Digital	Dec 22, 2021	Shareknowledge ...	203 KB
	7. Day Seven Covert Avoidance.mp4 	Shareknowledge Digital	Dec 20, 2021	Shareknowledge ...	75.3 MB