

## Self-Help Tools For Healing The Mindbody

Here is a chart showing some of the Mindbody Self-Help tools that we have developed and/or used in our own self-healing journey. We collected them here from our books, *Breaking Free of The Co-dependency Trap*, *The Flight From Intimacy*, *Breaking Family Patterns*, *Conflict Resolution: The Partnership Way* and *Healing Developmental Trauma*.

You can purchase these books at our online bookstore and at both brick and mortar bookstores and online booksellers.

### Self-Help Tools For Healing Developmental Shock, Trauma, and Stress

SHOCK	TRAUMA	STRESS
Weinholds' Corrective Parenting Techniques Breath Work Exercises Energy and Herbal Medicines Centering Exercises Body Work Exercises	Trauma Elimination Technique Completion Process With Your Parents Weinholds' Corrective Parenting Techniques Breath Work Exercises Body Work Exercises Meditation Practices Diet & Nutritional Practices Energy and Herbal Medicines Forgiveness Exercises Affirmations Guided Imagery Exercises Visualizations Self-Hypnosis Feeling Work Exercises Perception Checks Betrayal Clearing Exercises Active Imagination Exercises Partnership Conflict Resolution Skills Centering Exercises	Trauma Elimination Technique Betrayal Clearing Exercises Weinholds' Corrective Parenting Techniques Weinholds' Rules for Creating Conscious, Committed Relationships Empathy & Compassion Training Reframing and Perception Checks Reclaiming Projections Exercise Completion Process with Your Parents Feeling Work Exercises Belief-changing Exercises and Activities Reclaiming Projections Exercises Active Imagination Exercises Partnership Conflict Resolution Skills Breath Work Exercises Yoga (Top-Down Yoga & Tibetan Yoga) Diet & Nutritional Practices Energy and Herbal Medicine Exercise including Aerobic Exercise Meditation practices and other relaxation Activities Social Engagement Activities Centering Exercises