



Check out what we will be covering over the next 12 weeks:

September/October:

- **Week One: Recovering a Sense of Safety**
 - Shadow Artists, Core Negative Beliefs, Affirmations
- **Week Two: Recovering a Sense of Identity**
 - Poisonous Playmates, Crazy-makers, Nigel the Inner Critic and the Act of Attention
- **Week Three: Recovering a Sense of Power**
 - Synchronicity, Shame and Criticism
- **Week Four: Recovering a Sense of Integrity**
 - Writing Prayers and Media Deprivation
- **Week Five: Recovering a Sense of Possibility**
 - Limits, Wishing and The Virtue Trap

November:

- **Week Six: Recovering a Sense of Abundance**
 - Money, Luxury, Counting and God's Will
- **Week Seven: Recovering a Sense of Connection**
 - Perfectionism and Thinking ideas up vs. Getting ideas down
- **Week Eight: Recovering a Sense of Strength**
 - Age, Time, Creative Loss and the Ivory Power

December

- **Week Nine: Recovering a Sense of Compassion**
 - Enthusiasm, Creative U-turns and Blasting Through Blocks
- **Week Ten: Recovering a Sense of Self-Protection**
 - Competition, Work, and Finding Balance
- **Week Eleven: Recovering a Sense of Autonomy**
 - Movement and Defining Success
- **Week Twelve: Recovering a Sense of Faith**
 - Escape Velocity and a Final Prayer