



Resources

The videos below explain the importance of being vulnerable to feel connected to others and how shame and numbing can stop that from happening.

https://www.ted.com/talks/brene_brown_on_vulnerability

https://www.ted.com/talks/brene_brown_listening_to_shame#t-265717

This animation is targeted at professionals, but has a good animation that explains how our brain reacts to trauma.

<https://www.youtube.com/watch?v=4-tcKYx24aA>

This animation was developed by the World Health Organization to explain how some people experience depression.

<https://www.youtube.com/watch?v=XiCrniLQGYc>

<https://psychologytools.com> has a number of tools for self-help and psycho-education

The ones I find most helpful are:

<https://psychologytools.com/unhelpful-thinking-styles.html>

<https://psychologytools.com/what-is-rumination.html>

<https://psychologytools.com/how-breathing-affects-feelings.html>

Practical Exercises

<http://self-compassion.org/category/exercises/>

This website offers a number of exercises to practice self-compassion

<https://www.headspace.com>

This app offers free (and some paid) mindfulness exercises

<https://psychologytools.com/dysfunctional-thought-record.html>



Self-explanatory worksheet to challenge unhelpful thoughts

Emotions

<https://youtu.be/HmjP-euyrks>

Tiago shows that having a healthy perspective on emotions can help us to change our relationship with them.

Books

Jorge Bucays' book has a number of therapeutic stories that uses metaphors to support the psychotherapeutic process

<https://www.europaeditions.com/book/9781609451233/let-me-tell-you-a-story>

Relationships

<http://www.5lovelanguages.com>

Interesting theory about ways that people give and receive love. It also has a free online test and offers advice on how to address differences in couples.

Sexuality

<http://www.alandowns.com/services>

The velvet rage is a great book to introduce some concepts around internalised homophobia and shame that is part of many gay men lives.

<http://highline.huffingtonpost.com/articles/en/gay-loneliness/>

Interesting article about gay men and loneliness

Intimacy

<http://www.giovanifrazzetto.com/gf/D.html>



Together, Close: Stories of Intimacy in Friendship, love and Family; is a great introduction to the concept of intimacy and how it works both on a physiological and psychological level.