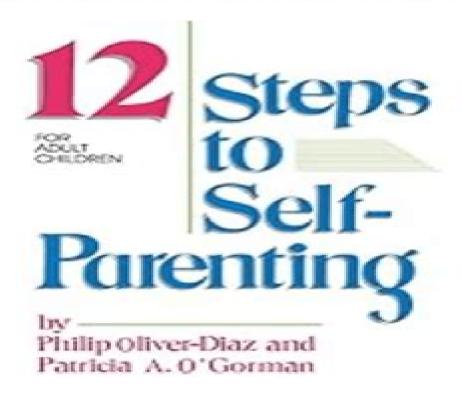
The 12 Steps to Self-Parenting for Adult Children





12 Steps To Selfparenting

Philip Diaz, Patricia O'Gorman

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The 12 Steps to Self-Parenting for Adult Children Patricia O'Gorman, Ph.D., Philip Oliver-Diaz, 1988-06-01 Describes twelve steps based on the twelve steps of Alcoholics Anonymous designed to help adult children of alcoholics nurture their inner child and gain self acceptance

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Healing Trauma Through Self-Parenting Philip Diaz, Patricia O'Gorman, 2012-04-03 Self healing through self parenting a concept introduced a generation ago has helped thousands of adult children of alcoholics who are codependent and have conflicts in their primary relationships Now Patricia O Gorman Ph D and Phil Diaz M S W authors of the classic book The 12 Steps to Self Parenting for Adult Children and its companion workbook expand the reach of that successful healing paradigm to anyone who has suffered from any kind of trauma Whether they grew up in a dysfunctional home were victims of violence or suffered other types of acute distress many people struggle to determine the impact of earlier trauma on current adult decision making O Gorman and Diaz show how trauma is a driver of dysfunctional behaviors and linked with codependency and they offer a concise yet detailed resource for survivors and thrivers as well as the professionals who work with them Through a process modeled after the 12 Steps of AA Healing Trauma Through Self Parenting The Codependency Connection offers help to a broad array of readers not just those who are ACOAs by healing the wounded inner core and The Girly Thoughts 10-Day Detox Plan Patricia O'Gorman, helping readers reconnect to their inner child Ph.D., 2014-10-28 Every woman alive struggles with self doubt which is often brought on as she strives for the impossible society s version of perfection and the harder she tries to meet those expectations the harder her girly thoughts work to convince her she is a lost cause Psychologist and resiliency coach Patricia O Gorman PhD has created the definitive detox program that will change everything for women the feminist in her 70s the corporate executive in her 60s the small business owner in her 50s the divorc e in her 40s the young mother in her 30s and the newly minted college graduate in her 20s This follow up book to The Resilient Woman 7 Steps to Personal Power is a guide for every woman who has ever let that negative inner voice girly thoughts rob her of her personal power and tell her counter productive things like You are too smart or too assertive to be desirable You are too heavy skinny or busty to be attractive It's your fault your husband had an affair You need to worry about others not yourself This practical and essential guide is the perfect format for working through ideas and concepts that will encourage positive introspective thinking By journaling and recording their emotional and physical reactions to provocative questions readers will learn the source of their negative self talk understand the steps needed to disengage from their toxic behaviors and develop skills to create a more resilient spirit Using the key concepts from O Gorman's well regarded book The Resilient Woman this book is also an effective independent resource for women who want to face their biggest roadblock their inner critic as a way to live life to the fullest while embracing their unique creative selves Reclaiming Your Life Jean C. Jenson, 1996-10-01 Provides practical and compassionate guidance on dismantling the

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