



## Relationship Essentials: List of Tools

*Here is the full list of topics and tools we cover in the LCA Relationship Essentials 8-week course. Please remember to keep things simple, especially when sharing the more advanced topics, such as Veils of Past Pain, Boundaries with Compassion, and Managing Difficult Behavior.*

### LCA BASICS

- LCA Universal Needs. What are they and why they are important?
- Connection between needs and emotions.
- LCA What Am I Telling Myself?
- 3-Step: What Am I Telling Myself? What Am I Feeling? What Am I Needing?
- LCA Challenging Situation Worksheet (short form).

### LCA ESSENTIALS

- LCA What's Alive in Me, Colorful Beauty of Needs.
- LCA Evaluations Masquerading as Feelings.
- LCA Challenging Situation Worksheet.
- LCA Requests vs. Demands, Specific vs. Vague.
- LCA Kinds of Requests.
- LCA Hearing No/Saying No.
- LCA Connected Time-Outs.
- Marya Stark's "Get Centaured."
- LCA Emotions Inventory: comfortable and uncomfortable feelings.
- Tools for improving self-awareness, self-sourcing and self-empowerment.
- LCA MARC's (Celebrations, Mournings, Appreciations, and Reassurances).
- Practices and meditations for accessing our higher selves (the "observer perspective").
- Empathy (for self and other): (See Emily's PowerPoint from Relationship Essentials 2016.)
- Emotional intelligence: Review PowerPoints and docs from Relationship Essentials Autumn 2016.
- No F.R.A.C.K.I.N.G.: What not to do when giving empathy (See Emily's PowerPoint from Relationship Essentials 2016.)
- 100% responsibility: "I am 100 responsible for my feelings, my needs, and my experience of life." Reframing the Victim Triangle.
- Managing guilt and remorse: Practice self-empathy by finding the needs you were desperate to meet when you made the choice you feel guilt about.
- LCA Empathy First.
- LCA Character Strengths.
- LCA Managing Difficult Behavior.
- LCA Boundaries with Compassion.
- LCA Exploring Our Triggers.
- LCA Veils of Past Pain.
- LCA 7 Adjustments.