

A Quick Overview of The Trek Videos

#	Title	Description
0	Introduction	Purpose, Materials and How To
1	Information, Knowledge and Belief	Simply gathering new information doesn't create lasting change. Beliefs are changed by using the information and experiencing the outcomes.
2	Perceptions and Expectations	Our past experiences give us definitions for everything we encounter and these definitions color the way we see the world and how we expect the world to work. This in turn influences our behavior and relationships.
3	Identifying Behaviors	Becoming aware of our behaviors is the first step in making changes.
4	Self –Talk	What we say to ourselves dictates how we react to our environment.
5	Understanding Emotions	Most people have a limited vocabulary to describe emotional responses. Identifying our emotions gives us the ability to understand our patterns.
6	Anger	When the "Fight" response kicks in, what do you do?
7	Fear	When the "Flight" response kicks in, what do you do?
8	Reactive Behaviors	We can't respond the way we want to, so we cover it up with behaviors that seem okay. However, the hurt inside leaks out in destructive ways.
9	Abuse	Reactive #1: Definition and what to do if you are hurting / being hurt.
10	Control	Reactive #2: Definition and learning how to let go.
11	Escape	Reactive #3: Definition and replacing coping mechanisms.
12	Rejection	Reactive #4: Definition and how it affects the victims.
13	Shame / Guilt	Reactive #5: Definition, how shame traps us and guilt sets us free.
14	The Wall	You know what isn't working – are you ready to change?
15	The Brain	How the biology of the brain is affected by what you think and do.
16	Core Beliefs	Identify the negative definitions and replace them with the healthy ones.
17	My Life Story	Sometimes we don't have the correct information and we are acting from a false memory or distorted belief.
18	Grief	Learning that it is okay to grieve even the small things can provide release.
19	Forgiveness	Carrying grudges hurts the holder while forgiveness begins the process of healing.
20	Healthy Relationships 1	What does a healthy family look like?
21	Healthy Relationships 2	What does a healthy relationship / friendship look like?
22	Self Image	How do you want to define yourself?
23	Boundaries	Now that you know who you are, how do you set boundaries to stay healthy?
24	Communication	So you have boundaries – how do you communicate those to the people around you in a healthy way?
25	The Journey Home	The Trek is over, but the Journey is ongoing. Take the tools with you as you leave this class and change your world.