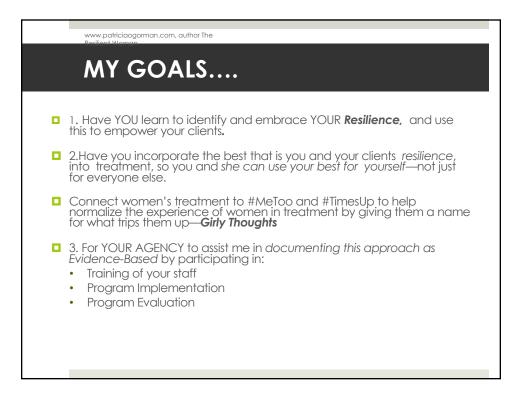
The Missing Component in Women's Treatment:

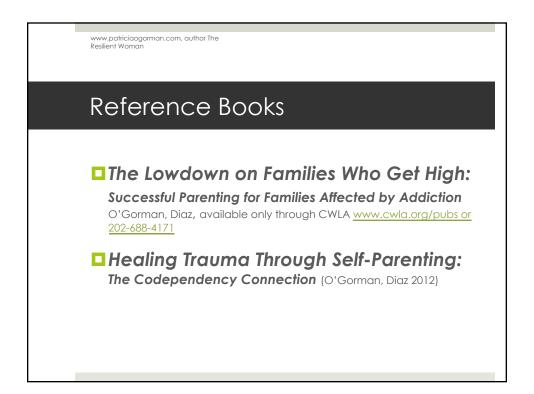
Embracing Resilience

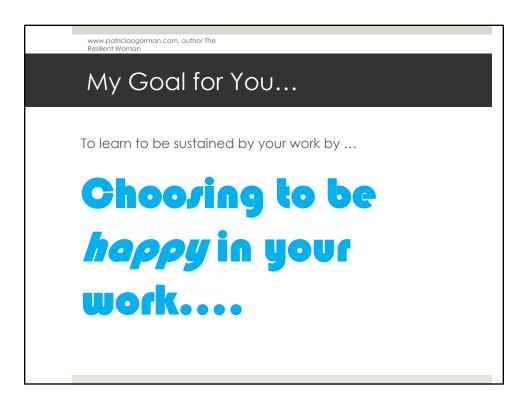
Patricia O'Gorman, PhD

Author: **The Resilient Woman** (HCI, 2013) + **Girly Thought 10 Day Detox Plan**–(HCI, 2014) + The Lowdown on Families Who Get High + 6 other books



www.patriciaogorman.com, author The Resilient Woman
Curriculum Books:
 Group Participant: The 'Girly Thoughts' 10 Day Detox Plan: The Resilient Woman's Guide to Saying NO to Negative Self-Talk and YES to Personal Power (O'Gorman, 2014) available through my website only
 Group Leader: The Resilient Woman: The 7 Steps to Personal Power (O'Gorman, 2013)

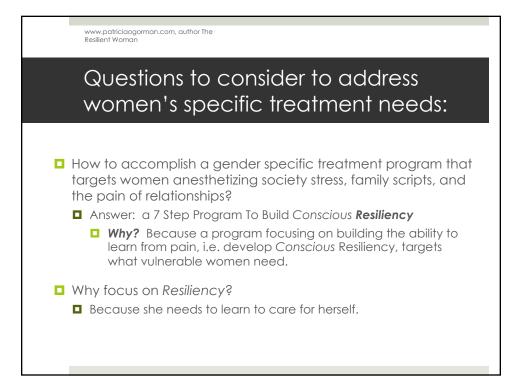


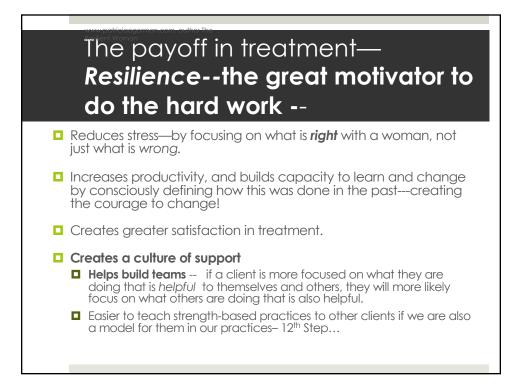


www.patriciaogorman.com, author The Resilient Woman

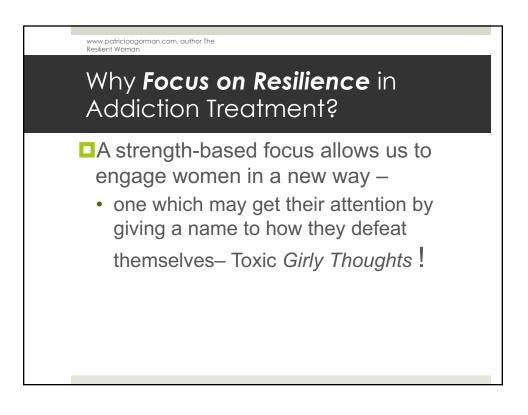
SAMHA' s TIP 51

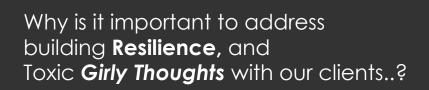
- "Substance Abuse Treatment for Women for women be approached from a perspective that encompasses the contexts of women's lives: a woman's social and economic environment; her relationships with family, extended family, and support systems; and the impact of gender and culture..." Further in discussing patterns of use, SAMHA indicates that "Women often report that stress, negative affect, and relationships precipitate initial substance use." (<u>http://www.samhsa.gov/samhsanewsletter/Volume 18 Numb er 2/TIP51.aspx</u>).





www.patriciaogorman.com, author The Resilient Woman Resiliency?





- Toxic Girly Thoughts gives our clients a name for their thoughts, helping them distance them before they sabotage treatment efforts
 - Developing conscious resilience can counter this

cia O'Gorman, Ph.D | author of The Resilient Woman | ww

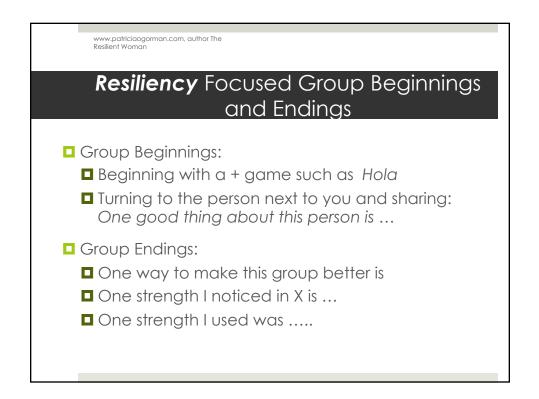
- Women need ongoing support to deal with triggers for problematic behavior and Toxic Girly Thoughts are one of them
 - Women also need a language of their strengths

#MeToo provides a name for the social movement they can tie into



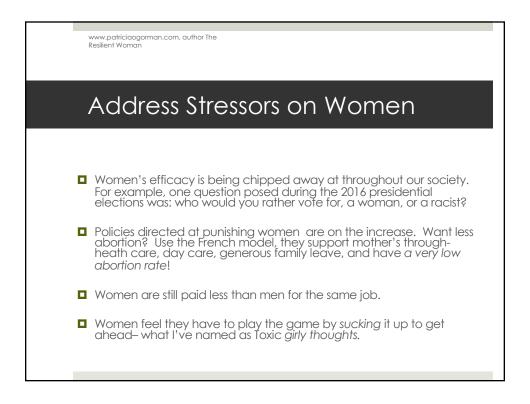


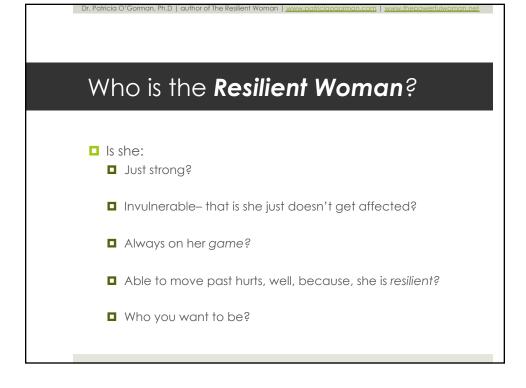


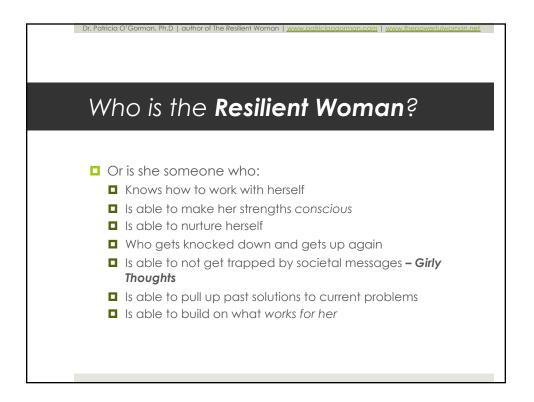












...so what gets in the way...??

an, Ph.D | author of The Resilient Woman | www

Toxic Girly Thoughts

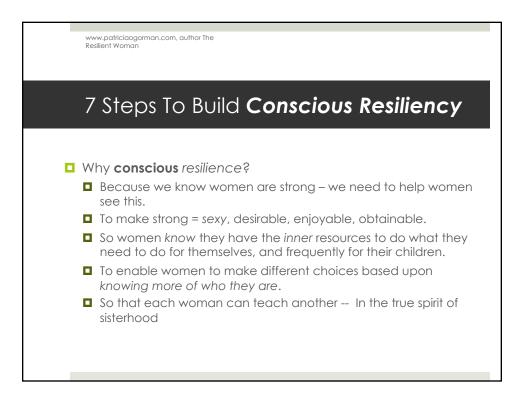
Those societally informed, self-sabotaging, self-limiting girly thoughts—If only I was thinner... younger... preffier... into kinkler sex, didn't want children, wasn't so brainy, maybe?

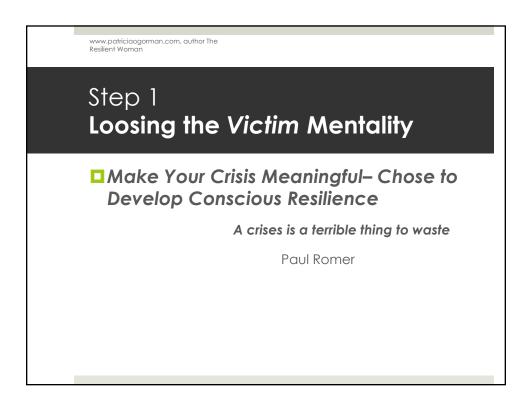
Toxic Girly Thoughts are the internal value judgments that come from following what 'society says' about how we should look, how we should feel, what we should want, and what we should do.

Toxic Girly Thoughts restrict women and **punish women who do not conform**

The result is women feeling *less entitled*, because, they just don't measure up to what society says.







www.patriciaogorman.com, author The Resilient Woman
Being in a crisis is when we change.
Learning how to see crises as opportunities is to learn something new, even if it's: not the right time, embarrassing, painful.
For a woman, the crisis of needing to come to grips with her addiction, is a golden opportunity to confront all the pain that lead her there, one of which is her toxic girly thoughts.



Are you ruled by your toxic **Girly Thoughts**?

Do you feel your worth comes from your looks and

not from who you are?

Are you critical of your body shape or size?

Do you feel the key to getting what you need and

deserve is to be close to perfect?

When you encounter misfortune, do you blame

yourself by saying, "I'm not (fill in the blank) so I deserve this"?

Do you worry that you are too: smart, aggressive, tall, beautiful? Do you ever blame other women's misfortunes (such as an unfaithful partner) on their weight, clothes, or age? Do you see other women as the enemy? Do you feel that if you are a good girl that you will be rewarded by life working out as you wish it to?

The Impact of Toxic Girly Thoughts

Toxic Girly Thoughts...

- Set up a negative inner dialogue due to re-traumatizing the woman
- Cause women to run from who they are
- Make women feel they have caused abuse at work, at home, walking in the street
- Results in some women needing to self-medicate through:

an, Ph.D | author of The Resilient Woman | <u>www</u>

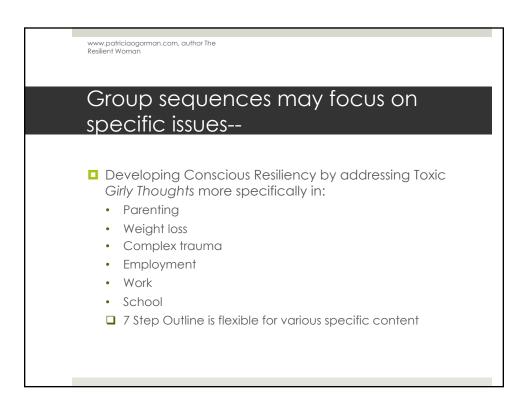
- Excessive alcohol use
- Drug use
- Eating away feelings
- Excessive exercise
- Silencing their needs resulting in depression
- ...even gambling



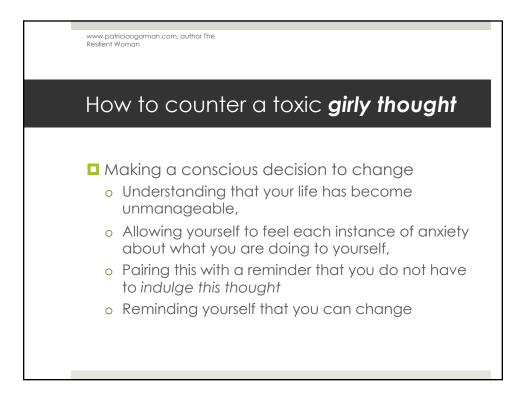
www.patriciaogorman.com, author The Resilient Woman

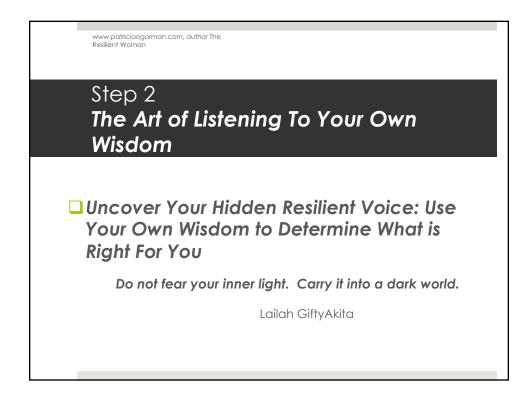


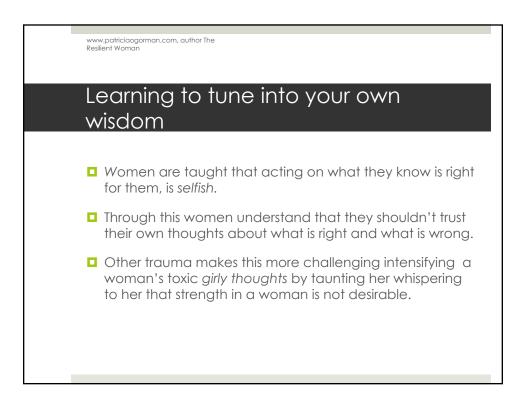
- Learning to be helpless to help yourself
- Feeling what you have you received through luck
- Giving to others what YOU need
- Being more in tune with others than yourself
- Focuses on your failings, as you help others focus on their success!

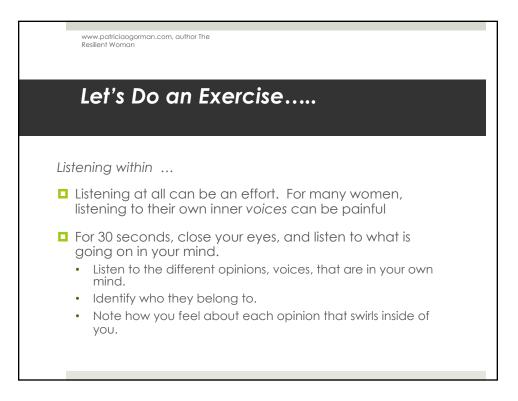


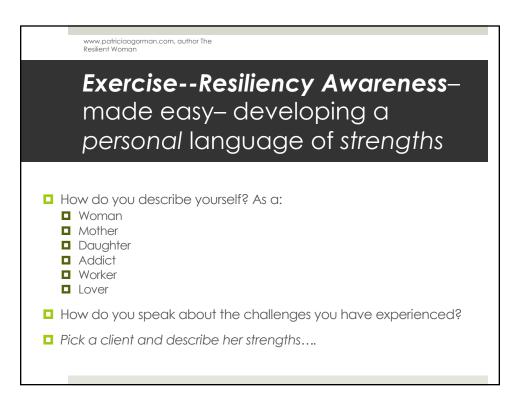


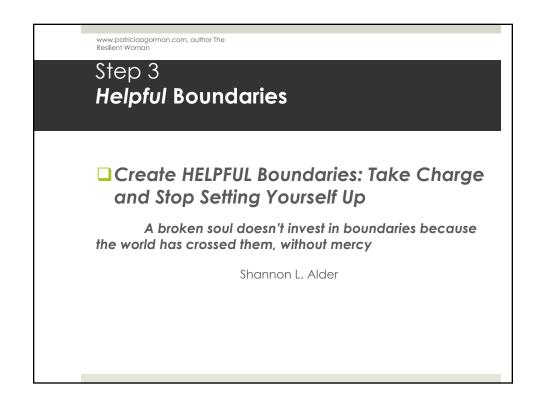


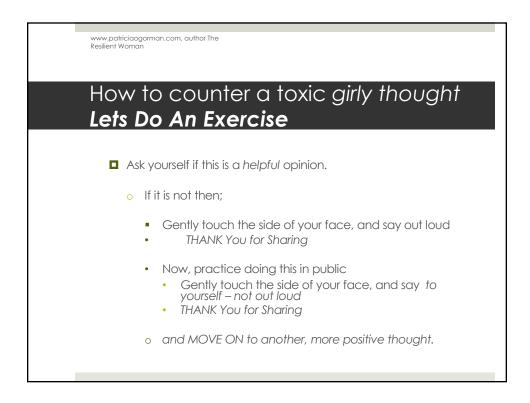


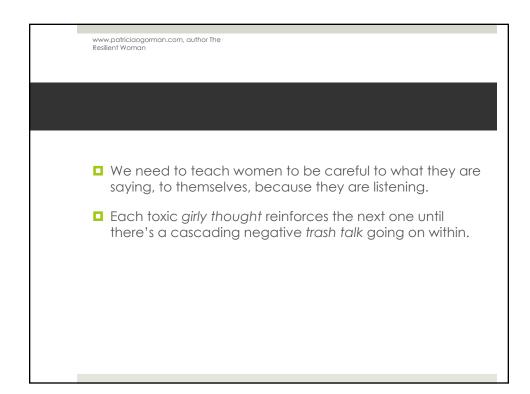


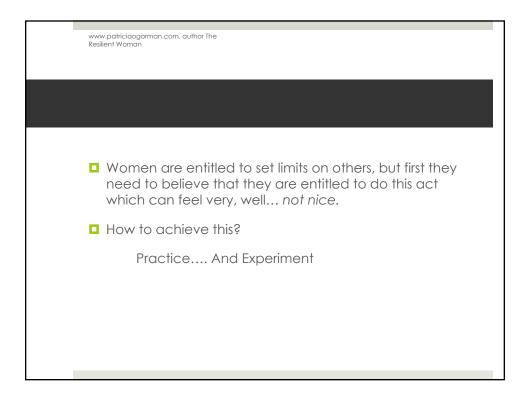


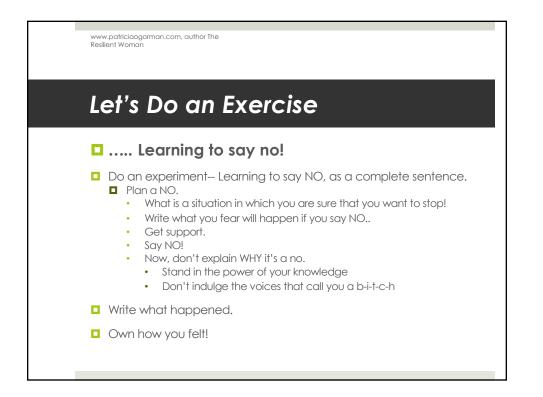


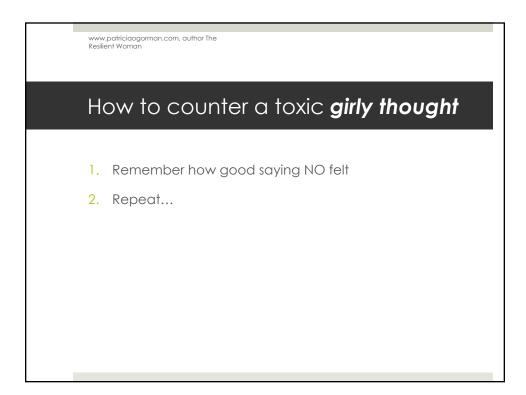




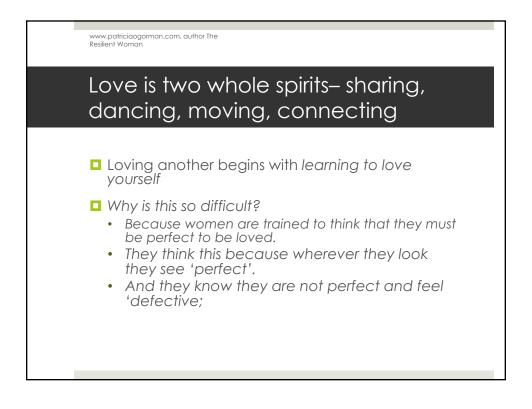




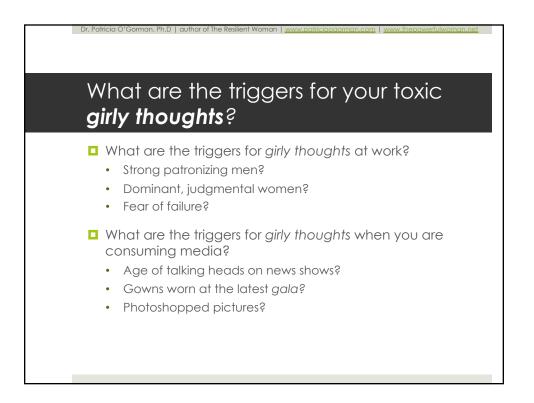


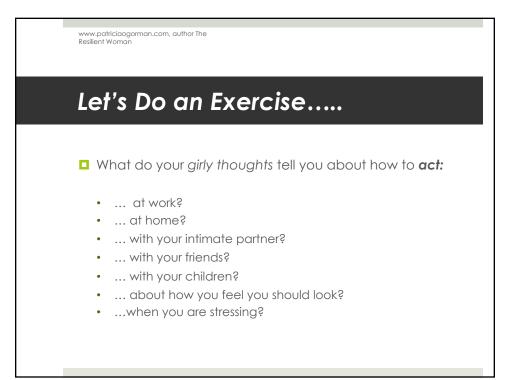


www.patriciaogorman.com, author T Resilient Woman	he
Step 4 Loving Your	self as You Love Another
Protect Your H	leart: Love Resiliently
Above all e do flows through it	else, guard your heart, for everything you
	Proverbs 4:23
We accept	the love we think we deserve
	Stephen Chbosky
•	



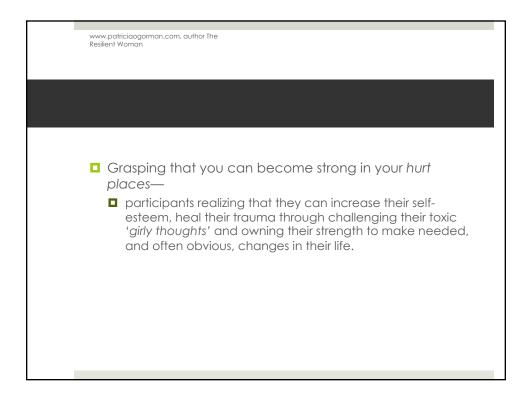


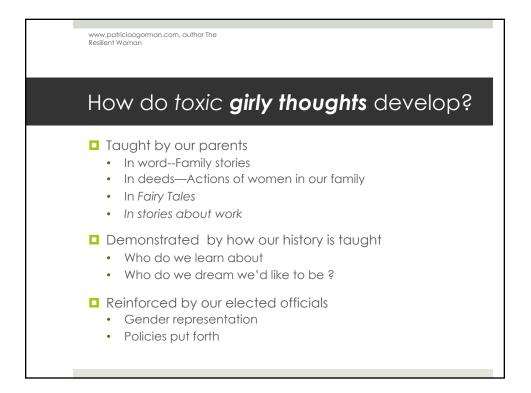


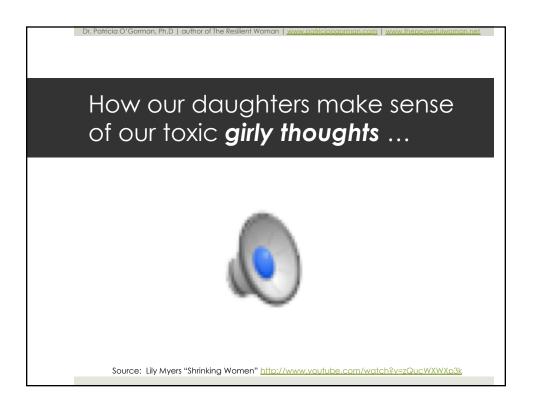






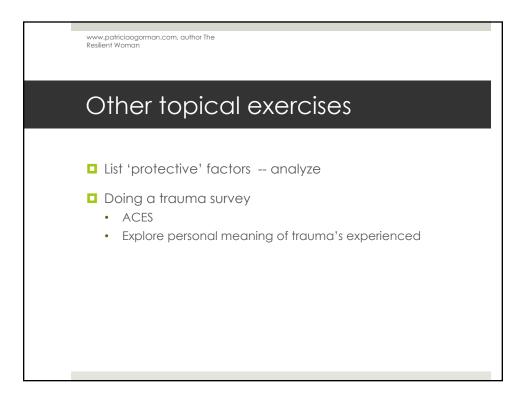






<section-header> Just so you stop blaming yourself... And think: I'm nuts Over-sensitive A brama-Queen A bad friend A bad mother Not interested in SEX Know that these are all examples of toxic girly thoughts, and you can change them!

an, Ph.D | author of The Resilient Woman | www.c

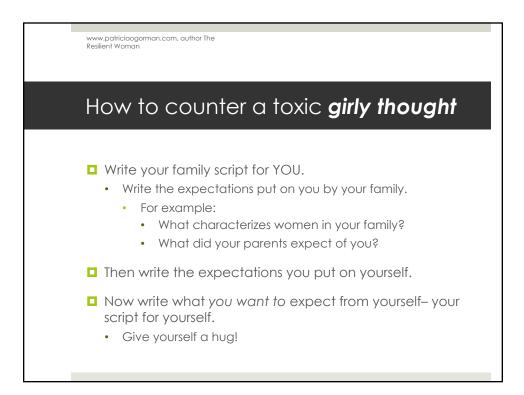


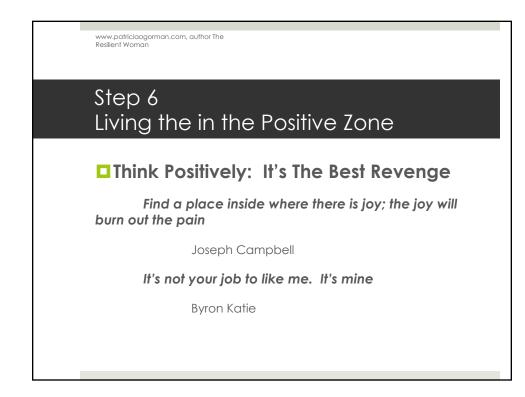
Let's Do an Exercise.....

orman, Ph.D | author of The Resilient Woman | www

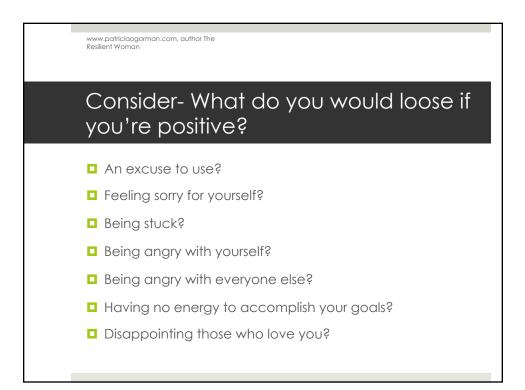
□ Who do your *girly thoughts* tell you, you are?

- With your friends?
- With other women?
- In public?
- When you need to relax?
- At home with your daughter?
- With your intimate partner—sexually?
- With your partner when they are using?
- When you are faced with unfairness?



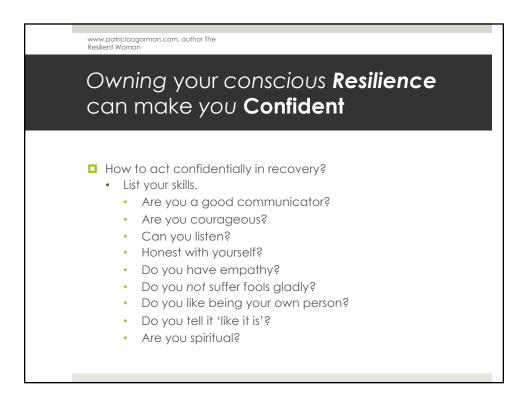










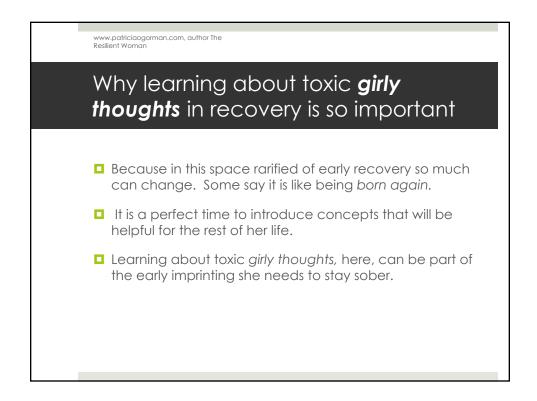






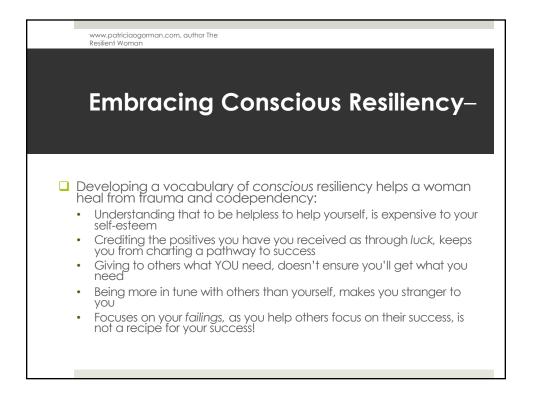
	ww.patriciaogorman.com, author The silient Woman
	itep 7 Gratitude for Who YOU Are!
	Develop gratitude for who you are and what you have learned
b	Now I walk in beauty. Beauty is before me. Beauty is behind me, above, and below me.
	Navajo Prayer

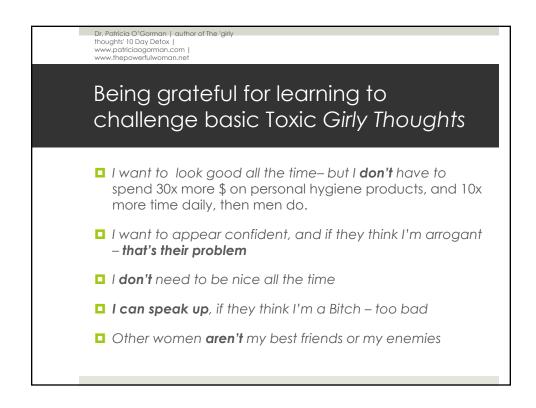
Owning all the right choices you have made.	
What you have learned from the challenges you have experienced.	
Appreciation for who you are today.	

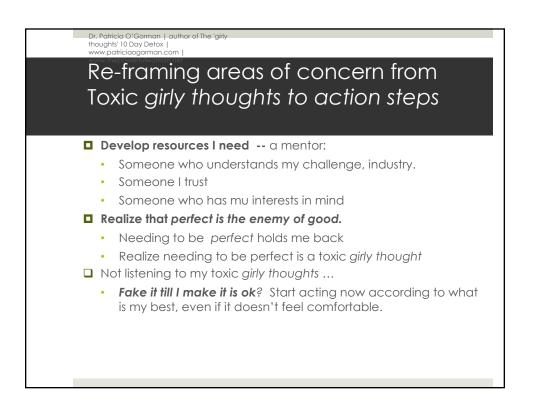










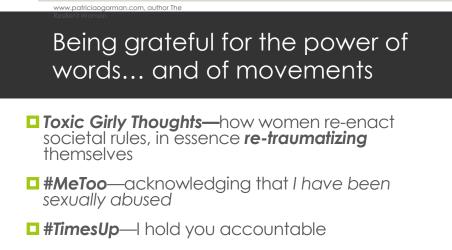


We will still be judged, ... but we don't need to continue to judge ourselves this way



Source: https://www.youtube.com/watch?v=yFn0unMtcTg





Conscious Resilience—I will learn from this trauma



