



A W A K E N
p s y c h o l o g y

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Your Say – We'd Love To Hear From You!

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At Awaken Psychology we hope that you're enjoying these regular updates. We trust that you're finding them interesting, relevant and helpful.

What we'd like to do this week is take a moment and get your feedback and suggestions ☺

So far we've written articles on:

- trauma (What Now? 7 Things To Do After A Trauma : Why Am I Not Over It? 5 Common Effects of Trauma : Is It Me, Is It My Partner? Maybe It's The Trauma, Why Someone Else's Tragedy Can Affect You)
- anxiety (What Is Anxiety And Why Is It Useful?)
- depression (What Is Depression And Why Is It Useful?)
- suffering (6 Ways To Know You're Creating Your Own Suffering)
- grief and loss (6 Things You Need To Know About Grief and Loss)
- self-compassion (7 Ways To Be More Compassionate ... Towards Yourself)
- motivation (6 Tools To Improve Your Motivation To Change)
- relationships (The 10 Most Common Relationship Myths : 6 Things Never To Say To Your Partner In An Argument : How To Communicate With Your Partner ... Part 1 and Part 2)

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

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We're thinking of writing upcoming articles on:

- Why childhood trauma doesn't just stay in childhood
- Common coping strategies for trauma that may not be helpful
- My partner survived a trauma, how do I help them?
- How to keep anxiety at bay
- What you can do to help with your depression
- What mindfulness is, and why it's useful
- How to work with perfectionism
- How to break a habit
- How to have fantastic sex
- Improving your listening skills
- More on communication
- More on relationships
- Schema's – what are they and how do they affect me
- Separation and Divorce

But we'd love to know ... what would you like to hear about? Or do you have some feedback for us on our articles?

Please send through your suggestions and/or feedback – text us on 0488 954 195, or email us at amanda@awakenpsychology.com.au

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