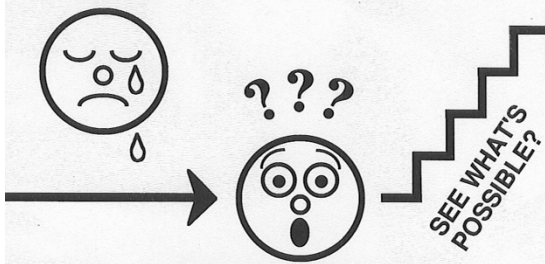


THE FIVE C's

- Commitment
- Calendar
- Closeness
- Communication
- Compromise



**GIVE UP /
GRIEVE**



ANHEDONIA

FIVE STAGES IN RELATIONSHIPS

- Fantasy – PEA
- Power struggle
- Compromise
- Commitment
- Co-creation

Campbell, Susan M.
THE COUPLE'S JOURNEY
- Intimacy as a path to wholeness
Impact Publishers (1980)
P.O. Box 1094
San Luis Obispo, California 93406

Just Say "KNOW"

- Use your head
- Use your heart
- Always be safe



BE SAFE

- Physically
- Emotionally
- Sexually

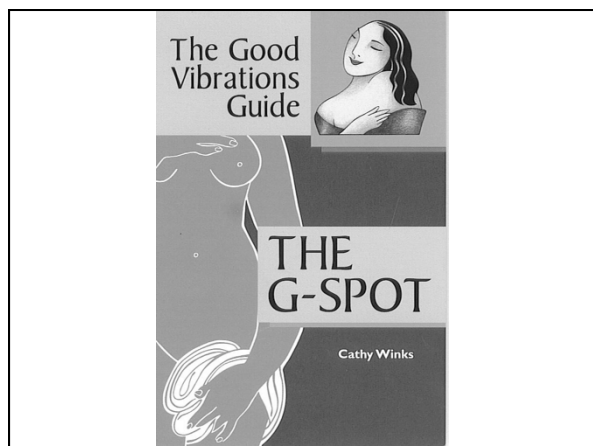


SEXUAL HEALTH RESOURCES

- www.siecus.org (sex information and education counsel of the United States)
- www.aasect.org (American Association of Sex Educators, Counselors, & Therapists)
- www.abs.org (American Board of Sexology)
- www.pflag.org (Parents & Friends of Lesbians and Gays)
- www.transfamilies.org
- www.isswsh.org (International Society for the Study of Women's Sexual Health.org)

HELPFUL READINGS

- Chapman, Gary. FIVE LANGUAGES OF LOVE & LOVE IS A VERB
- Hendrix Harville & Hunt, Helen. GETTING THE LOVE YOU WANT WORKBOOK
- Markman, Howard; Stanley, Scott, Blumberg Susan. FIGHTING FOR YOUR MARRIAGE.
- Spring, Janis. AFTER THE AFFAIR.
- Tessina, Tina. MONEY, SEX, & KIDS. Stop Fighting About the Three Things That Can Ruin Your Marriage.



G/L/B/T/Q/Q/A RESOURCES

www.advocatesforyouth.org Trevor Hotline
1.800.843.8078

- Advocates for Youth.com
 - National G/L/B/T Association
 - Deaf Queer Resource Center
 - SAFE SCHOOLS & THE ALLIANCE
 - GLSEN & YES Institute & Gender Pac
 - National Coalition for g/l/b/t/q/q/a Youth
 - Gender Spectrum.org
- www.pflag.org www.transfamily.org

RESOURCES:

- Bass & Davis. COURAGE TO HEAL
 - Innermotion Video. Sylvie Rokab
 - Journey Institute 305-443-1123
 - Maltz, Wendy. Partners In Healing & Relearning Touch Video & THE SEXUAL HEALING JOURNEY.
- www.alongwayhome.org
www.siecus.org
www.aasect.org
www.slawso.org
www.rainn.org
 800-656-HOPE
www.slaa.org
www.sexhelp.org
www.co-dep.org
www.alanon.org

RECOVERY RESOURCES

- ALCOHOLICS ANONYMOUS (aa.org)
- NARCOTICS ANONYMOUS (na.org)
- GAMBLERS ANONYMOUS (ga.org)
- SEX/LOVE ADDICTS ANONYMOUS (slaa.org/saa.org)
- PARTNERS of...(coda.org/alanon.org)