

# SELF-HELP RESOURCES FOR RELATIONSHIPS WITH OTHERS

*Attached: How the New Science of Adult Attachment Can Help You Find and Keep Love* by Levine and Heller

## BOOKS



*Daring Greatly: How the Courage to be Vulnerable Transforms the Way we Live, Love, Parent, and Lead*  
by Brene Brown

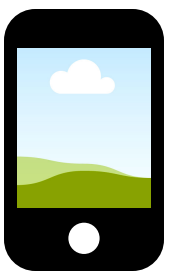
*The Dance of Connection: How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed, or Desperate* by Harriet Lerner\*

*The Five Love Languages* by Gary Chapman

*The Shyness and Social Anxiety Workbook*  
by Anthony and Swinson\*

\*Some books available through App State's Belk Library: [library.appstate.edu](http://library.appstate.edu)

## SMARTPHONE APPS



For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

For mood tracking:

- Pacifica

## ONLINE RESOURCES



*Love is Respect:*  
[loveisrespect.org](http://loveisrespect.org)

*Relationships, Love, and Sexuality:*  
[psychcentral.com/lib/category/relationships](http://psychcentral.com/lib/category/relationships)

*NW Network: Support for LGBTQ abuse survivors*  
[nwnetwork.org](http://nwnetwork.org)

*Columbia University's Go Ask Alice:*  
[goaskalice.columbia.edu/category/relationships](http://goaskalice.columbia.edu/category/relationships)

*The Lonely College Student* (article):  
[psychologytoday.com/blog/social-lights/201709/the-lonely-college-student](http://psychologytoday.com/blog/social-lights/201709/the-lonely-college-student)

**MORE SELF HELP ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

## VIDEOS

*The Power of Vulnerability* (Brene Brown, 2010):  
TED Talk on the value of opening up to others.



*On Being Wrong* (Kathryn Schultz, 2011):  
TED Talk on embracing our fallibility.

*500 Days of Summer* (Fox Searchlight, 2009):  
On navigating heartbreak and rekindling hope.

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Ombuds Office: Support for conflict resolution  
(828) 262-2559  
[ombuds.appstate.edu/about](http://ombuds.appstate.edu/about)

## CAMPUS RESOURCES



Counseling Center: Try group therapy  
to build communication skills!  
(828) 262-3180  
[counseling.appstate.edu](http://counseling.appstate.edu)

Interpersonal Violence Support and Prevention  
(828) 262-8284  
[ipv.appstate.edu](http://ipv.appstate.edu)

Wellness Center: Check out their  
sexual health programs!  
(828) 262-3148  
[wellness.appstate.edu](http://wellness.appstate.edu)

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## MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes resources from:

Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.