

# SELF-HELP RESOURCES FOR RELATIONSHIPS WITH OTHERS

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

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

## BOOKS



*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:

- Sanvello

For relationship communication:

- Gottman Card Decks

## ONLINE RESOURCES



*Columbia University's Go Ask Alice: Relationships*  
[goaskalice.columbia.edu/answered-questions/tag?cat=11&title=Relationships](http://goaskalice.columbia.edu/answered-questions/tag?cat=11&title=Relationships)

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

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

*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:

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