

May

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 The First Agreement	6 The Second Agreement	7	8 Agreements Three and Four	9
10	11	12 The 5 Ws of Anger	13 How Thoughts Impact Behavior	14	15 Handling Tough Situations	16
17	18	19 Effective Communication	20 Effective Communication	21	22 Love and Apology	23
24	25	26 Basics of Trauma Processing	27 Cycle of Abuse	28	29 Response to Trauma	30
31						

June

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Introduction to Emotions	3 Vulnerability and the Body	4	5 Building Distress Tolerance	6
7	8	9 Emotion Regulation and Vulnerability	10 Problem Solving	11	12 Acceptance	13
14	15	16 Introduction to Mindfulness	17 The Power of Words	18	19 Guided Imagery	20
21	22	23 Resume Building and Interview Skills	24 Money Management	25	26 Habits and Goals	27
28	29	30 Motivation to Change				

July

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Healthy Ways to Say No	2 Relapse Prevention	3	4
5	6	7 What are Boundaries?	8 Creating & Setting Boundaries	9	10 Values and Priorities List	11
12	13	14 Familial Roles and Addiction	15 How to Break Familial Roles	16	17 Co-Dependency	18
19	20	21 Mind & Body Balance	22 Sleep Hygiene	23	24 Review & Final Session	25
26	27	28	29	30	31	