



**FIGHTING FOR YOUR RELATIONSHIPS**  
**AMIDST THE PAIN**

HOW LONG HAS IT  
BEEN SINCE YOU'VE  
FELT GOOD ABOUT  
YOURSELF?

HONESTLY!



*Chiari Bridges*



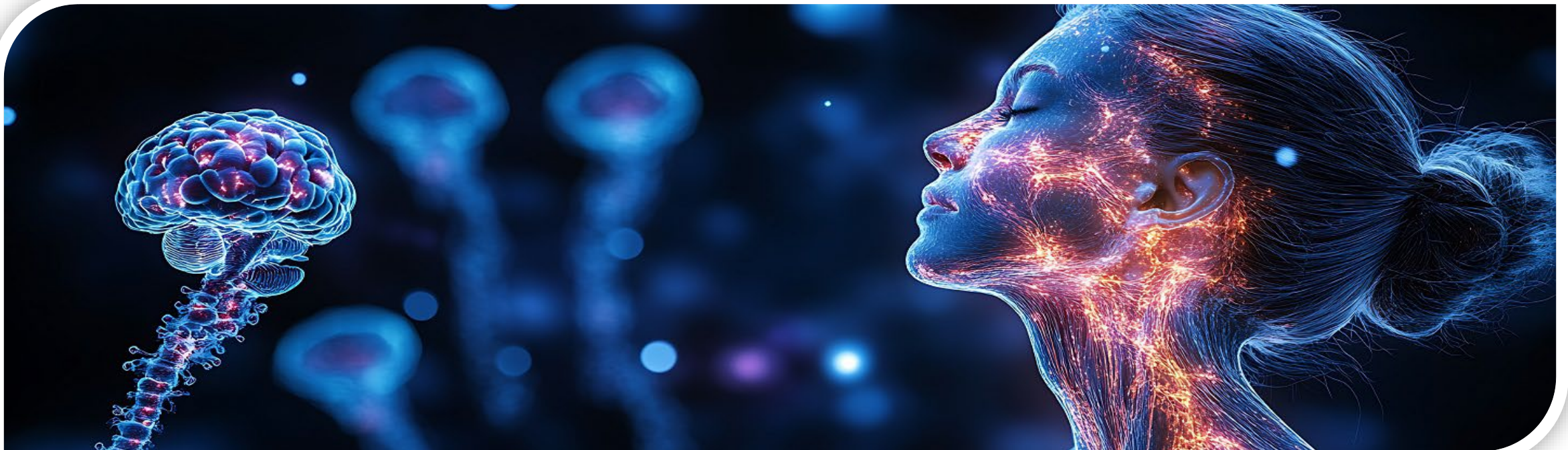
*Chiari Bridges*

## **SHARE ABOUT A TIME WHEN YOU FELT GOOD ABOUT YOURSELF**

- **When was it?**
- **What were you doing?**
- **How did it make you feel about you?**
- **How did others feel about what you were doing?**
  - **How did you feel about their reaction?**

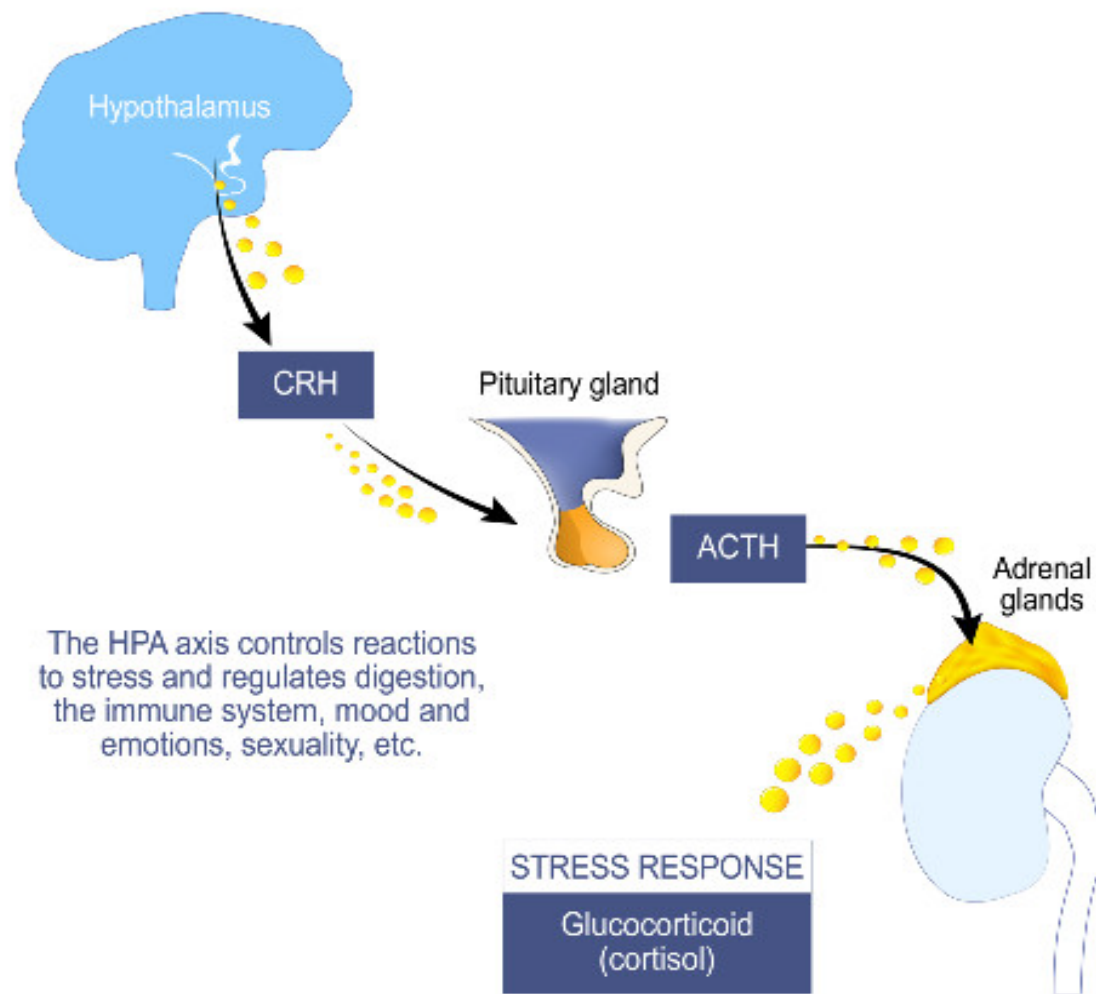
# BIOPSYCHOLOGY

WHAT is **PSYCHOLOGICAL** is **ULTIMATELY BIOLOGICAL**





## HYPOTHALAMUS-PITUITARY-ADRENAL (HPA) AXIS



# BIOPSYCHOLOGY



**WHAT is**  
**PSYCHOLOGICAL**  
**is ULTIMATELY**  
**BIOLOGICAL**

## SOCIAL

- Loneliness
- Grief
- Guilt
- Relational Conflict
- Socioeconomic

## PSYCHOLOGICAL

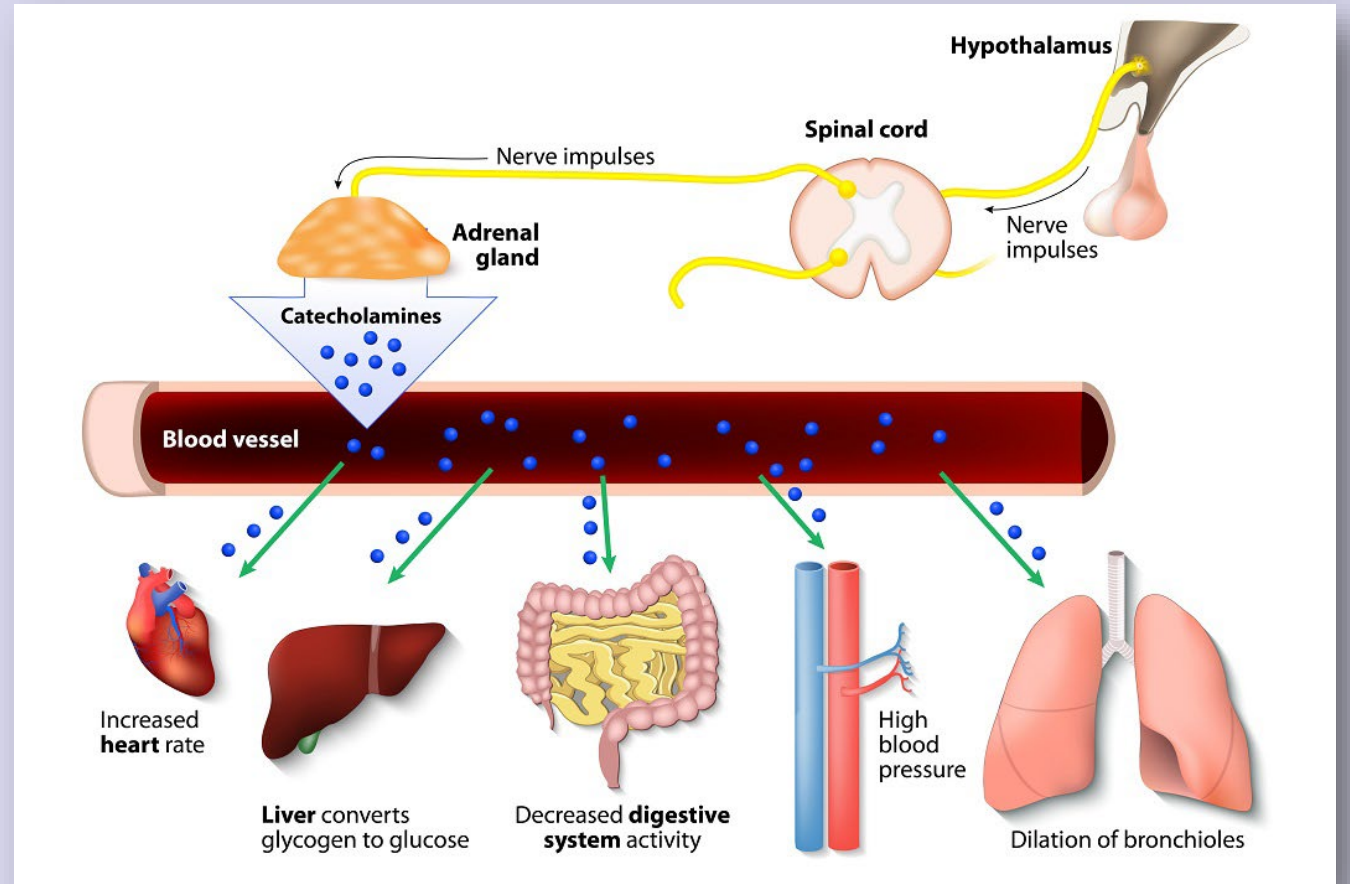
- Stress Response
- Mood & Emotions
- Digestion
- Immune System
- Energy “Spoons”
- Sexuality

## BIOLOGICAL

- Pituitary Damage
- Vagus Nerve
- Stress Regulation
- Chronic Pain
- Environmental Factors
- Natural Changes

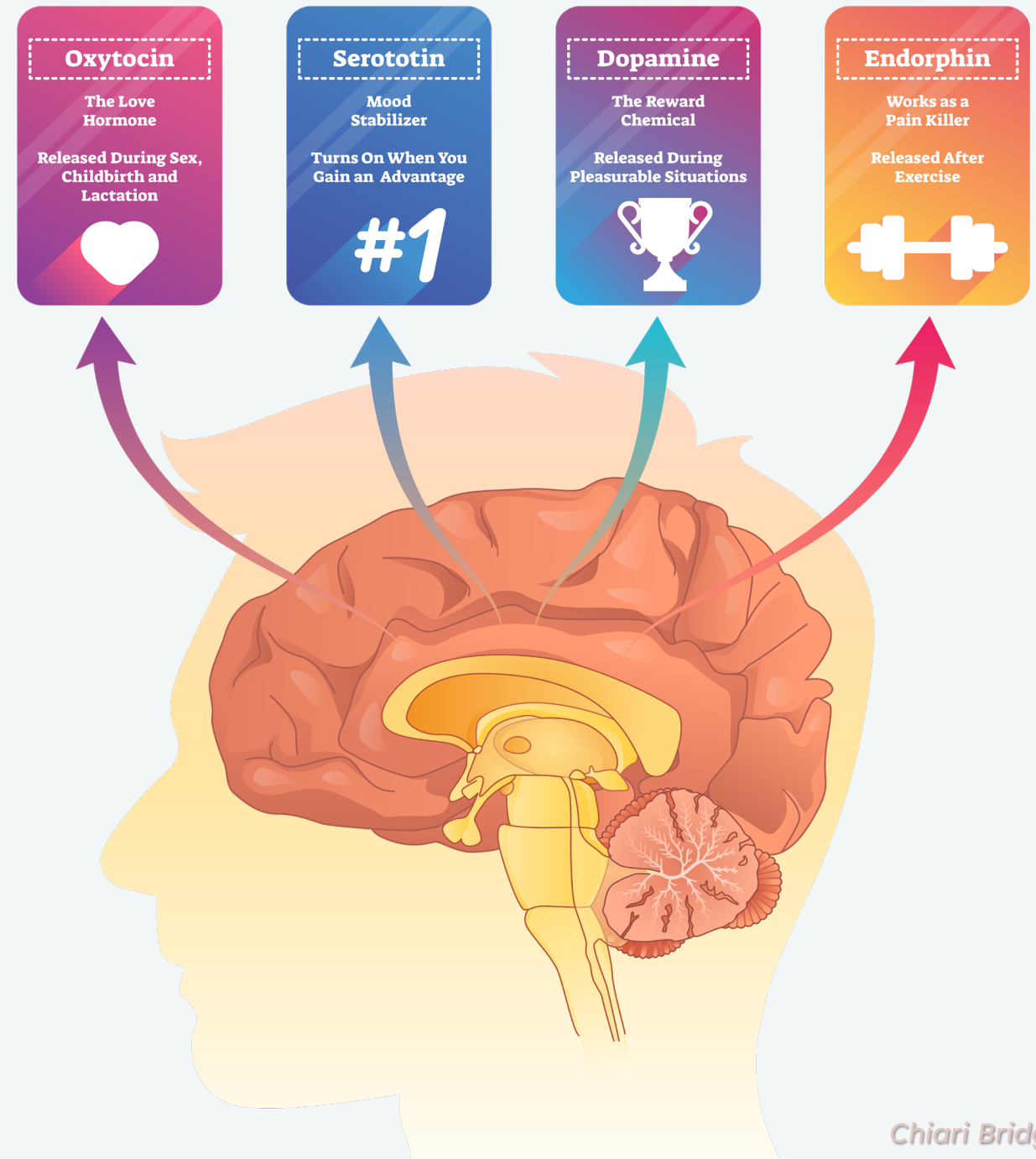
## ACTIVATION OF THE STRESS SYSTEM

*The job of the HPA Axis is to regulate the bodies stress response!*



## HORMONES, ENDORPHINS & NEUROTRANSMITTERS HELP WITH PAIN & MOOD

- GABA (gamma-aminobutyric acid)
  - Norepinephrine
  - Pregnenolone
- Dopamine/Prolactin



# Dopamine

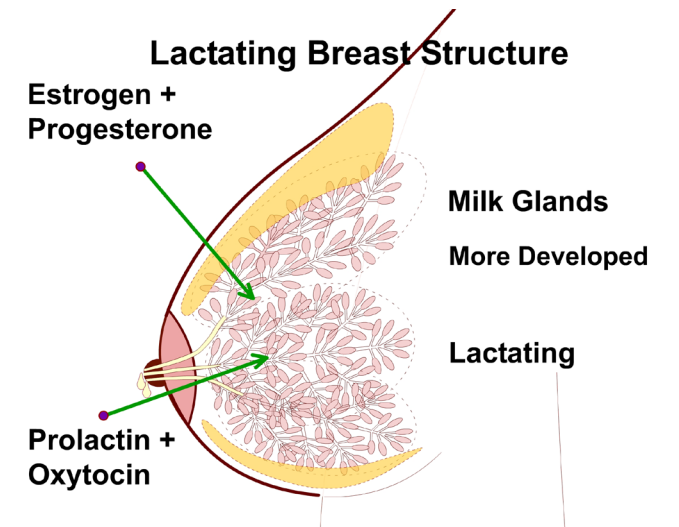
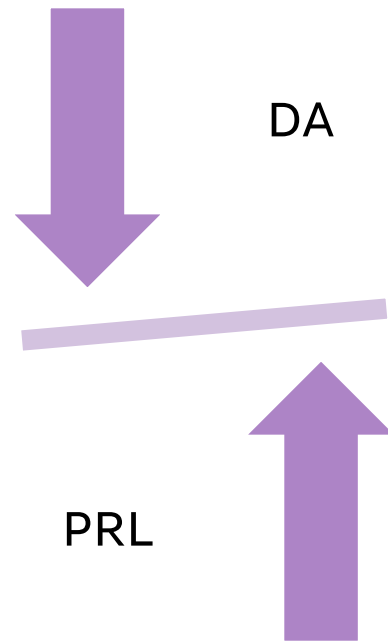
The Reward  
Chemical

Released During  
Pleasurable Situations



## DOPAMINE-PROLACTIN CONNECTION

As your Dopamine (DA) levels decrease, your Prolactin (PRL) levels can increase.



# THE POWER OF EFFECTIVE COMMUNICATION

## SAFE TO BE HONEST

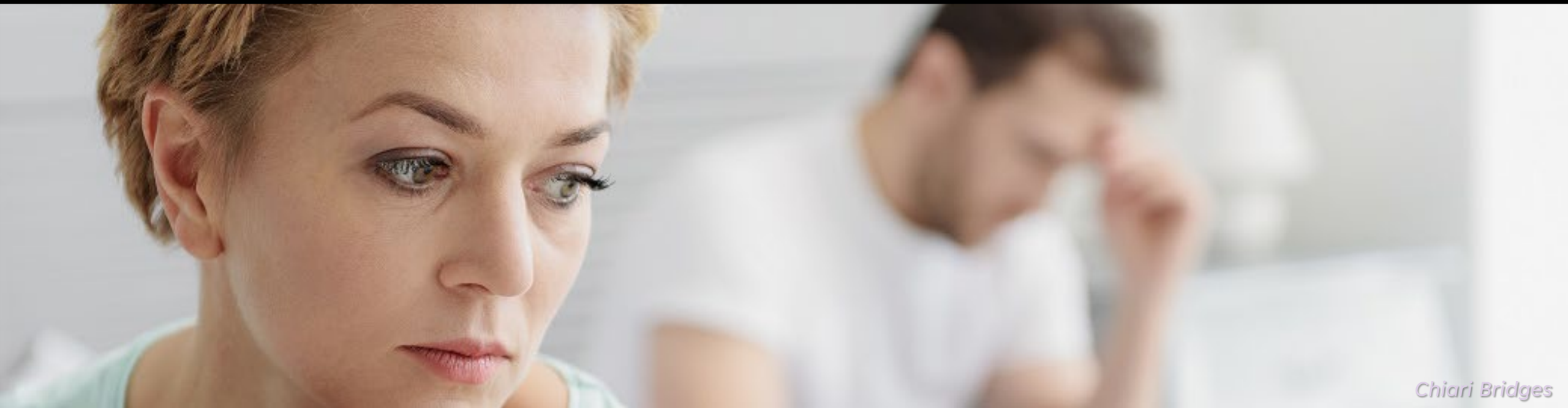
- WITHOUT THREATS ✓
- WITHOUT MANIPULATIONS ✓



**BE CLEAR**

**DON'T EXPECT OTHERS TO READ BETWEEN THE LINES.**

- THAT HURT ME... ✓



## OWN YOUR WORDS AND EMOTIONS

- YOU MAKE ME... ❌



*Chiari Bridges*

## AVOID EXAGGERATING STATEMENTS



- YOU NEVER..., HE NEVER..., SHE NEVER... ❌
- YOU ALWAYS..., HE ALWAYS..., SHE ALWAYS... ❌



Chiari Bridges

## STATE EMOTIONS, INSTEAD OF ACTING THEM OUT

- I FEEL...

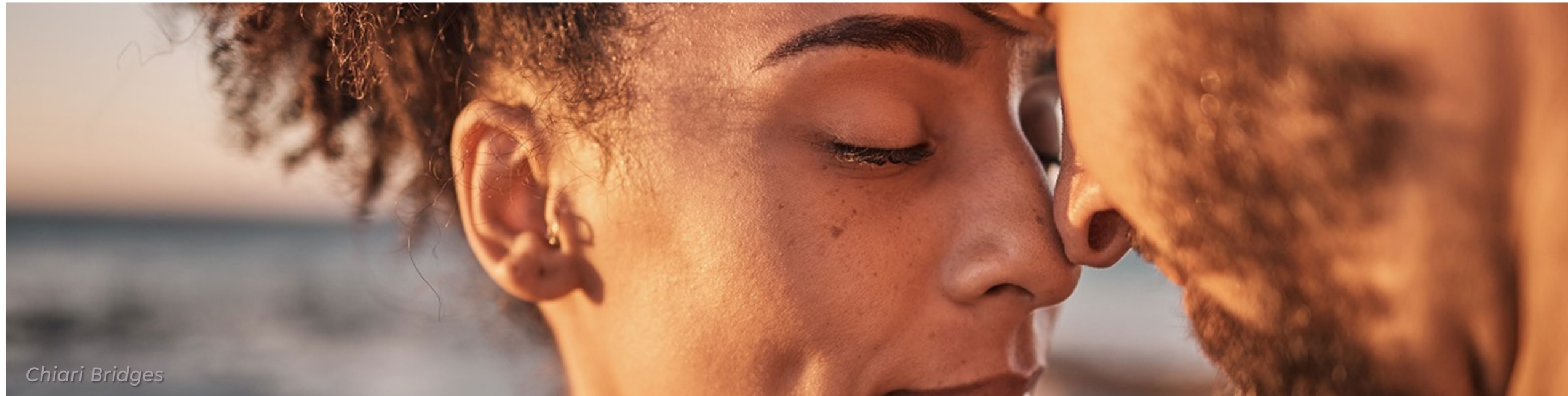
## STOP COUNTING

- DON'T KEEP TRACK OF WRONGDOINGS



**ESTEEM ONE  
ANOTHER WITH  
COMPASSION**

- DON'T COMPARE
- DON'T INVALIDATE YOUR PARTNERS EXPERIENCES





**DEPRESSION IS REAL**

NOBODY SHOULD HAVE TO  
FIGHT IT ALONE

## FIGHT TOGETHER



- BRAIN SURGERY IS SCARY
- WHEN WE KNOW THE FULL SCALE OF IT ALL, IT'S TERIFYING
- YOU'RE NOT ALONE IN YOUR FEARS, THE ENTIRE FAMILY IS AFRAID