

Huddle.care Community Time

Community Time meets for 55 minutes at 6pm PST / 8pm CT / 9pm EST

All participants will be asked to share a recent moment of suffering in which they responded effectively. Discussion of each topic includes voluntarily participation.

Reserve your spot in Community Time for free [here](#).

Curriculum

Monday August 6, 2018 - Acting with trust to overcome anxiety

Monday, August 13, 2018 - Psychological flexibility and the science of wellbeing

Monday, August 20, 2018 - Essential elements of acceptance

Monday, August 27, 2018 - The biological basis of anxiety and anxiety sensitivity

Monday, September 3, 2018 - Anxiety sensitivity as fear of all strong affects

Monday, September 10, 2018 - The role of intolerance of uncertainty in all anxiety disorders

Monday, September 17, 2018 - Intolerance of uncertainty and exposure to uncertainty as an opportunity

Monday, September 24, 2018 - Clinical perfectionism: a problem of strategy, not outcome

Monday, October 1, 2018 - Emotional perfectionism and the paradox of checking on your recovery

Monday, October 8, 2018 - Fear of positive evaluation and the imposter syndrome

Monday, October 15, 2018 - Fear of negative evaluation and relearning how to play

Monday, October 22, 2018 - Inflated responsibility - I think, therefore... nothing.

Thinking it doesn't make it true.

Monday, October 29, 2018 - Pervasive negative beliefs - who made you feel worthless and why do you believe them?

Monday, November 5, 2018 - Overview of experiential avoidance

Monday, November 12, 2018 - Avoidance and escape strategies: giving up the need for reassurance and safety

Monday, November 19, 2018 - Situational avoidance and using values to recommit to your life

Monday, November 26, 2018 - Cognitive avoidance and functional worry

Monday, December 3, 2018 - Somatic avoidance and using mindfulness to get back in your body

Monday, December 10, 2018 - Emotional avoidance and using compassion to identify and regulate difficult feelings

Monday, December 17, 2018 - Emotion driven behaviors, addictive urges, and managing anger

No Community Time on December 24 and December 31.

Monday, January 7, 2019 - Overview of repetitive negative thinking: RNT is a changeable habit, not your personality!

Monday, January 14, 2019 - Rumination: what's the function of your loop? and how to jump out of it

Monday, January 21, 2019 - The process of worry as a trick and an unanswerable question

Monday, January 28, 2019 - Post-event processing and how to take care of your future self

Monday, February 4, 2019 - Fixed attentional focus - learning to surrender the need for full attention to engage consistently in your life

Community Time curriculum will repeat starting February 11.