



Love Rash Series

Session 1, Week 1 - Your Story

In Session 1 we'll take some time to get to know one another and share stories around our herpes diagnoses. I'll guide you through a short meditation to establish a safe space, and then take you through a rating exercise (1-10), to gauge where you stand with your status. We'll set some intentions and goals for what we want to achieve by the end of the series. I'll assign you first exercise: creating a Vision Board. **Each week will include a summary email outlining insights and your exercise for the week.*

Session 2, Week 2 - Meet Your Love Rash

In Session 2 we'll review your exercise, and delve into a deeper meditation to meet your Love Rash head-on. We'll reflect on any outcomes from the meditation/visualization, and I'll assign you some deeper reflective questions aiming to find context cues and shards of wisdom in your herpes diagnosis and its timing. You'll be journeying on your own to revisit your Love Rash and reflect on the assigned questions as an introspective journal prompt.

Session 3, Week 3 - True Colours

We'll take things a step further from Session 2, and start to bring your Love Rash to life as an entity outside the stigma and pre-conceived notions. We'll engage in a mutual art exercise (no special items needed, just basic drawing tools and paper!), to find radical acceptance of our Love Rash in a refreshing way that gets us out of our heads. Your third exercise will then be assigned, and consist of bringing out *your* true colours through a playful, sensual selfie.

Session 4, Week 4 - A Breakthrough

In Session 4, we'll review and celebrate your selfie! And then I'll take you through an exercise to overcome limiting thoughts around your Love Rash, and identify specific actions to break through them. We'll pinpoint the things that you're letting your Love Rash hold you back from, and decide on taking one of these action items on as your exercise for this week. Maybe it's practicing a disclosure, sharing your selfie, or doing something you thought wasn't possible with your Love Rash.

Session 5, Week 5 - Owning The Conversation

In Session 5, we'll celebrate your action, and then we'll work through different disclosure scenarios for all applicable or desired areas of your life, and even create and practice scripts and scenarios together to help you find comfort. We'll also formulate some coping mechanisms for different outcomes you can lean on if need be. We'll end on creating a way of holding and supporting yourself through potential flare-ups that you can gift yourself if and as you need.

***You'll also get a free copy of any one of my guides of your choice, a free follow-up 30 minute support call if needed, and 25% off any one of my other one-on-one series.**