

Dr. Roz's Relationship Bootcamp Workbook



WRITTEN BY

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Welcome

Welcome to the Dr. Roz Relationship Bootcamp! I am so happy that you are here! I am proud of you for investing in yourself and saying yes to you! While this is a relationship bootcamp, you will soon find that I am more invested in you and the relationship that you have with yourself. I need you to trust me, but more importantly, I need you to trust you!

Take some time before we get started to peruse through your workbook! Everything you need for the class is in here! I can't wait to work with you!



The Schedule

The Bootcamp is a three week intensive! We will meet as a group every Tuesday at 7:00 pm. Please save the meeting ID and Password for your records

The meeting ID: 842 613 1692

Password: DrRoz

Please do not share this info with anyone else.

Please complete your pretest before Tuesday here:

<https://forms.gle/MyP7M9CqYqE9RXEk9>
so that I am aware of your specific needs.

Please complete the Attachment Style Quiz Here:

<https://www.attachmentproject.com/attachment-style-quiz/>

Schedule your one on one here:

<https://calendly.com/drrozakerblack/relationship-coaching-session>

only on Mondays or wednesdays



House Keeping Rules

We are a Family! This process is a confidential process and we are creating a safe space for healing. Whatever is shared in this process stays in this process!

1) I am a mandated reporter, if you are a danger to yourself or others, I am obligated by law to break confidentiality and alert the authorities.

2) Your total commitment is required for this process to be beneficial for you!

3) If at any time that this process becomes too overwhelming for you, you are responsible for communicating this to Dr. Roz or her team to ensure that you are receiving the necessary support.



The Commitment

I, _____ am Committed to my Healing! I am committed to knowing that I am worthy of Love! I am committed to knowing that I am capable of creating appropriate boundaries, learning a new way to function in a relationship, and being honest with myself on what I need to change!

