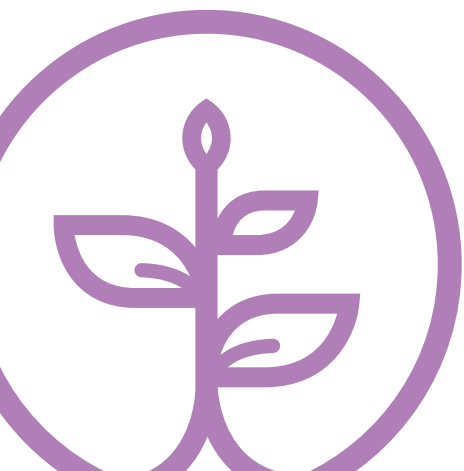


# **THE PERSONAL DEVELOPMENT SCHOOL GUIDE**



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THAIS GIBSON

# THE PERSONAL DEVELOPMENT SCHOOL

Welcome to the Personal Development School Guide!  
This book will help you navigate through your personal growth progression. Keep in mind that **these are just recommendations**, and there is no right or wrong way to learn in the School!

Check out the recommended progression based on your Attachment Style, and don't forget to check out the last page for bonus recommendations!



## COURSE GUIDE

# THE DISMISSIVE AVOIDANT

01



## RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery & Belief Reprogramming Course
- 2) Shadow Work Course
- 3) Healthy & Secure Relationships for the Dismissive Avoidant Attachment Style
- 4) Discover, Embrace & Fulfill Your Personal Needs
- 5) Advanced Dismissive Avoidant Attachment Style Course (Coming Soon) Reprogramming for Each of the 6 Stages of A Relationship
- 6) Conflict Resolution & Speaking Up
- 7) Break Through Procrastination & Self-Sabotaging Behaviors
- 8) Reparenting Your Inner Child to Transcend Attachment Trauma Behaviors
- 9) Overcoming Depression, Trauma Thoughts & Sadness

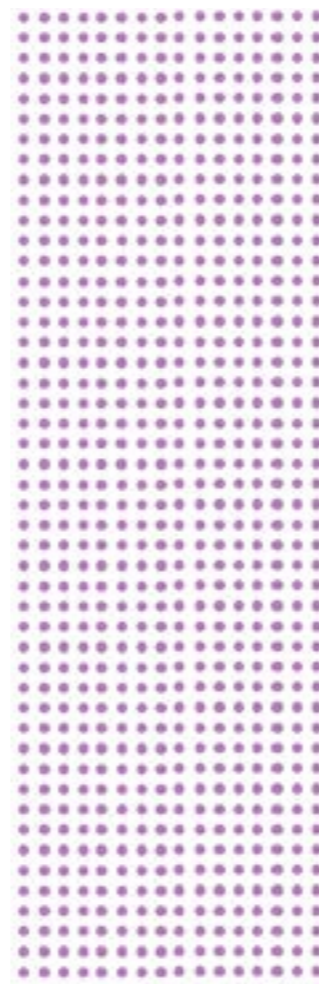
# 02

# THE FEARFUL AVOIDANT



## RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery and Belief Reprogramming Course
- 2) Shadow Work Course
- 3) Fearful Avoidant Attachment Reprogramming Course (Healthy and Passionate Relationships after Emotional Pain)
- 4) Discover, Embrace and Fulfill Your Personal Needs
- 5) Fearful Avoidant Advanced Attachment Style Course (Reprogramming For Each of the 6 Stages of Relationship)
- 6) Healthy Balance in Relationships: Ending Codependency and Enmeshment
- 7) Reparenting Your Inner Child to Transcend Attachment Trauma
- 8) Eliminate Inner Guilt and Shame to Access Your Full Potential
- 9) Relationship Mastery Course



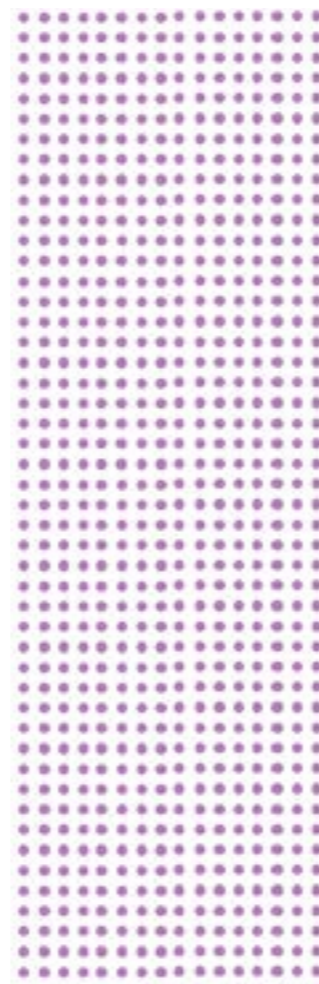
# THE ANXIOUS ATTACHMENT

03



## RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery & Belief Reprogramming Course
- 2) Shadow Work Course
- 3) Stop Abandonment & Rejection in A Relationship (Anxious Attachment Reprogramming Course)
- 4) Skyrocket Your Self-Esteem
- 5) Discover, Embrace and Fulfill Your Personal Needs
- 6) Advanced Anxious Attachment Style Course - Reprogramming for Each of the 6 Stages of a Relationship (Coming Soon!)
- 7) Overcoming Anxiety for Peace of Mind
- 8) Healthy Balance in Relationships: Ending Codependency and Enmeshment
- 9) Relationship Mastery Course



# 04

# THE SECURE ATTACHMENT



## RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery & Belief Reprogramming Course
- 2) Shadow Work Course
- 3) The Attachment Style Course of Your Significant Other/Family/Friend (Whoever You're trying to Work things out With)
- 4) Discover, Embrace and Fulfill Your Personal Needs
- 5) Reparenting Your Inner Child
- 6) Relationship Mastery Course
- 7) ) Conflict Resolution Course
- 8) Break Through Self-Sabotage and Procrastination Course
- 9) Skyrocket Your Self-Esteem Course

## YOUR NEXT STEPS...

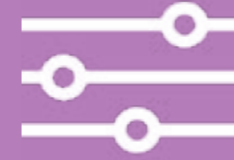
I would take a moment to look at the entire course itinerary and ask yourself if there are any other areas of your life you're struggling with. For example, if you find yourself struggling to achieve your goals and have a vision for the future, you might highlight the Mindset Mastery & Life-Mapping Course. The Personal Development School is designed to give you resources to transform all areas of your life, and we will continue to add empowering content to help you do so!

### Area-Specific Bonus Courses:

(Don't have to be specific to Attachment Styles)

- 1) Mindset Mastery & Life-Mapping Course
- 2) Overcoming Self-Sabotage & Procrastination
- 3) Skyrocket Your Self-Esteem
- 4) Overcoming Anxiety for Peace of Mind
- 5) Transcending Depression, Trauma Thoughts & Sadness
- 6) Attachment Style Courses for Your Loved One  
(To Better Understand Them!)

## Progression per 6-Hour Course



### COMMITMENT LEVEL

High

Medium

Low



### TIME PER DAY

1 Hour

30 Minutes

10 Minutes



### WEEKS TO COMPLETE

1 Week

2 Weeks

4 Weeks

