



<https://lovewellcounselingwithkimwilson.com/>

“Is the life I'm living the same life that wants to live in me? Before you tell your life what you intend to do with it, listen for what it intends to do with you.”

– Parker J. Palmer, Let Your Life Speak

Extra Resources to Move you Forward

1) Listen to this Podcast: “When Fixing Isn’t Loving”- with Amanda Doyle

Some people become the ones others depend on. They organize the plans, remember the details, carry the weight. They know how to fix things—quietly, efficiently, lovingly. That kind of strength can shape a whole life. Until it begins to hollow something out. Amanda Doyle has spent much of her life being that person. In this conversation, she joins Kate to talk about what happens when helping becomes a way to stay in control, when strength hides tenderness, and when receiving love might be the bravest thing we do. She shares her experience of parenting a neurodivergent child, walking through a breast cancer diagnosis, and learning to see herself as worthy of the care she so freely gives to others.

This episode is about the ache of being the strong one—and the grace of letting that go, just a little.

<https://katebowler.com/podcasts/when-fixing-isnt-loving/>

2) How To Overcome Perfectionism and Shame- with Dr. Brene Brown

<https://www.youtube.com/watch?v=VWWkCBIA0sU>

3) Positive Psychology- 8 Powerful Exercises for Self-Compassion

<https://positivepsychology.com/self-compassion-exercises-worksheets/#2-worksheets-for-increasing-compassion-pdfs>

4) How to Make a Decision- Emily P. Freeman

<https://emilypfreeman.com/decide/>