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Daring to Trust

Opening Ourselves to
Real Love & Intimacy



David Richo

author of *How to Be an Adult in Relationships*



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David Richo



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Daring to Trust David Richo, 2010-12-14 The best selling author of *How to Be an Adult in Relationships* explains how to build trust the essential ingredient in successful relationships in spite of fear or past betrayals Most relationship problems are essentially trust issues explains psychotherapist David Richo Whether it s fear of commitment insecurity jealousy or a tendency to be controlling the real obstacle is a fundamental lack of trust both in ourselves and in our partner *Daring to Trust* explores the importance of trust throughout our emotional lives how it develops in childhood and how it becomes an essential ingredient in healthy adult relationships It offers key insights and practical exercises for exploring and addressing our trust issues in relationships Topics include How we learn early in life to trust others or not to trust them Why we fear trusting Developing greater trust in ourselves as the basis for trusting others How to know if someone is trustworthy Na ve trust vs healthy adult trust What to do when trust is broken Ultimately Richo explains we must develop trust in four directions toward ourselves toward others toward life as it is and toward a higher power or spiritual path These four types of trust are not only the basis of healthy relationships they are also the foundation of emotional well being and freedom from fear

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Triggers David Richo, 2019-12-10 Work with your triggers to find peace in the painful moments and lasting emotional well being Psychotherapist David Richo examines the science of triggers and our reactions of fear anger and sadness He helps us understand why our bodies respond before our minds have a chance to make sense of a situation By looking deeply at the roots of what provokes us the words actions and even sensory elements like smell we find opportunities to understand the origins of our triggers and train our bodies to remain calm in the face of painful memories The book offers in the moment exercises on how to process difficult emotions and physical manifestations in order to to cultivate the inner resources necessary to deal with recurring memories of trauma When we are triggered Richo writes we are being bullied by our own

unfinished business Explore what your body's knee jerk reactions can teach you Triggers How We Can Stop Reacting and Start Healing acts as a guide to your body's powerful responses helping you to remain calm under pressure and discover the key to emotional healing

How to Be an Adult in Love David Richo, 2014-01-07 We were made to love and be loved Loving ourselves and others is in our genetic code It's nothing other than the purpose of our lives but knowing that doesn't make it easy to do We may find it a challenge to love ourselves We may have a hard time letting love in from others We're often afraid of getting hurt It is also sometimes scary for us to share love with those around us and love that isn't shared leaves us feeling flat and unfulfilled David Richo provides the tools here for learning how to love in evolved adult ways beginning with getting past the barriers that keep us from loving ourselves then showing how we can learn to open to love others He provides wisdom from Buddhism psychology and a range of spiritual traditions along with a wealth of practices both for avoiding the pitfalls that can occur in love relationships and for enhancing the way love shows up in our lives He then leads us on to love's inevitable outcome developing a heart that loves universally and indiscriminately This transcendent and unconditional love isn't just for a heroic few Dave shows it's everyone's magnificent calling

How to Be an Adult in Relationships David Richo, 2021-11-02 Most people think of love as a feeling says David Richo but love is not so much a feeling as a way of being present In this book Richo offers a fresh perspective on love and relationships one that focuses not on finding an ideal mate but on becoming a more loving and realistic person Drawing on the Buddhist concept of mindfulness How to Be an Adult in Relationships explores five hallmarks of mindful loving and how they play a key role in our relationships throughout life 1 Attention to the present moment observing listening and noticing all the feelings at play in our relationships 2 Acceptance of ourselves and others just as we are 3 Appreciation of all our gifts our limits our longings and our poignant human predicament 4 Affection shown through holding and touching in respectful ways 5 Allowing life and love to be just as they are with all their ecstasy and ache without trying to take control When deeply understood and applied these five simple concepts what Richo calls the five A's form the basis of mature love They help us to move away from judgment fear and blame to a position of openness compassion and realism about life and relationships By giving and receiving these five A's relationships become deeper and more meaningful and they become a ground for personal transformation

Coming Home to Who You Are David Richo, 2011-12-27 We already possess everything we need to have satisfying relationships and a happy fulfilling life all we need to do is learn how to bring forth our natural wisdom which includes our innate kindness understanding and courage Psychotherapist David Richo draws on four decades of his counseling experience to create this manual on how to nurture the best in ourselves and our relationships He teaches how to access our natural abilities to Care for ourselves as the basis of caring for others Find freedom from fear Maintain healthy boundaries in relationships Develop greater honesty with ourselves and others Let go of regret The book also includes practical exercises including journaling contemplation and guided meditations to foster inward growth and lasting positive change This book is a

completely revised and updated edition of Everyday Commitments **The Five Longings** David Richo, 2017-04-18 How identifying what you want can reveal deep truths about yourself and how working with those longings can lead to a happier more satisfying life If you've ever had a vague sense that something's missing from your life congratulations that longing for something better is a sign of being fully human fully alive But what's even more wonderful according to Dave Richo is that when you identify and carefully examine the things you long for like love meaning freedom happiness and growth you not only discover deep truths about yourself but you also find that the things you long for were never really missing at all Richo provides enlightening advice and practices for accessing just this kind of profound self discovery illustrated by a wealth of examples from depth psychology religion and literature Our longings in fact point to the presence of something transcendent in us he shows In seeking something better we are seeking that which we already are David Richo does a brilliant job unpacking the unhealthy versions of ego that confine us Through psychological and Buddhist wisdom teachings and a range of powerful practices and meditations we are guided beyond the identity of separate self to the loving awareness that is our deepest essence Tara Brach PhD author of Radical Acceptance and True Refuge **Like a Child** Rev. Timothy J. Mooney, 2014-05-30 By breaking free from our misperceptions about what it means to be an adult we can reshape our world and become harbingers of grace In our desire to grow up mature become adults we become enamored with who we are supposed to be When we have finally grown up we realize much of who we really are has been left behind or buried under various masks and roles we play But the knowledge of who we truly are never leaves us To reclaim our selfhood we must grow up again and consciously embrace all that it means to be childlike from Chapter 12 It Takes a Long Time to Become Young By restoring the childlike ways of humility trust awe wonder playfulness and more we can recover a fuller picture of what it means to be human This unique spiritual resource explores what Jesus may have meant when he said Unless you change and become like children you will never enter the kingdom of heaven It addresses our modern misperceptions regarding the nature of maturity and the common coping mechanisms distrust guardedness insecurity judgmental thinking we acquire and feel we require in adulthood Along with the wisdom of ancient and modern spiritual luminaries this book provides over twenty five spiritual practices to help us cultivate the childlike ways of attention self awareness joy and resilience in our inner lives as well as in our relationships with others **True Happiness** Dr. Mark Atkinson, 2011-04-07 Are you fed up with the way you feel Are fear anger low self acceptance or other negative emotions holding you back from living the life you want If like so many others you are unable to recognise what you really feel or want this book will be invaluable In THE MOOD DOCTOR'S GUIDE TO HAPPINESS Dr Mark Atkinson will show you how to transform your mind and mood in order to realise your fullest potential for happiness Packed with questionnaires practical advice and exercises this groundbreaking book will help you identify and release emotional baggage change self limiting beliefs and increase confidence deepen your relationships and so much more Ultimately it will help you discover your true self that aspect that

holds your unique talents and gifts and the one that can help you live a deeply fulfilling and happy life *You Are Not What You Think* David Richo, 2015-12-29 You and your ego how to develop strong self confidence without becoming an egotist so you can be happy with who you are and make others love you too How can you build the healthy ego necessary to be effective in life yet avoid the kind of egotism that makes people dislike you Don't worry Dave Richo has the answers *You Are Not What You Think* shows you how to navigate the tricky waters between egotism and selflessness in a way that avoids both extremes and makes you much more effective and loving The key is to acknowledge your ego and to be kind to it before you ultimately learn to let it go As with all Dave's books this one is full of examples from mythology psychology and religion with plenty of exercises and practical advice

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