

# Recommended Schedule

Week 1		
Day 1	Introduction	13 Minutes
	Identifying Gender Dysphoria Triggers	30 Minutes
Day 2	Externalizing Gender Dysphoria	30 Minutes
Day 3 & 4	Notice The Gender Dysphoria Showing Up	
Day 5	What Is Coping?	10 Minutes
	Mindful Awareness Coping	50 Minutes
Week 2		
Days 6-11	Practice your new skills for one week!	
Week 3		
Day 12	Action Coping	60 Minutes
Day 13-18	Practice your new skills for one week!	

## Week 4

Day 19	Avoidant Coping	50 minutes
--------	-----------------	------------

Day 20-25	Practice your new skills for one week!	
-----------	--	--

## Week 5

Day 26	Coping Combos	30 Minutes
--------	---------------	------------

	Review And Coping Cheat Sheet	10 Minutes
--	-------------------------------	------------