

Recommended Schedule

Day	Example Day	Module	Minutes
WEEK 1			
1	Tue	Introduction & What is gender dysphoria?	40
2	Wed	<i>Just notice your gender dysphoria triggers for two days.</i>	
3	Thu		
4	Fri	Seeing Gender Dysphoria from the Outside	30
5	Sat	<i>Just notice and name the gender dysphoria for two days.</i>	
6	Sun		
7	Mon	Stay Present	50
WEEK 2			
8-13	Tue-Sun	<i>Practice your mindful awareness skills for one week!</i>	
14	Mon	Take Action	60
WEEK 3			
15-20	Tue-Sun	<i>Practice your action skills for one week!</i>	
21	Mon	Shift Your Focus	50
WEEK 4			
22-27	Tue-Sun	<i>Notice how much you are using avoidance and see if you can use mindful awareness or actions skills instead for one week!</i>	
28	Mon	Coping Combos & Quick Review	40