



COURSE CHECKLIST

This document will help you keep track of your progress through our course materials. Handouts are content only (to be read) while worksheets contain exercises for you to complete in addition to written content. Use the lines in the “Done” area to track your own progress.

Material	Task	Done
Module One		
First email		
<ul style="list-style-type: none"> Welcome video 	Watch	___
<ul style="list-style-type: none"> <i>Setting the Stage Worksheet</i> – Visioning and touchstones 	Read & complete	___
<ul style="list-style-type: none"> Video two – No guarantee and affirmations 	Watch	___
Second email		
<ul style="list-style-type: none"> <i>Counterwill Basics Handout</i> – Overview of counterwill and attachment problems 	Read & complete	___
<ul style="list-style-type: none"> Counterwill introduction video 	Watch	___
Module Two		
First email		
<ul style="list-style-type: none"> <i>Counterwill Gets Personal Worksheet</i> – Identifying the specific counterwill dynamics at play in your family 	Read & complete	___
Second email		
<ul style="list-style-type: none"> <i>Our “Three Brains” Handout</i> – The “three brains” handout 	Read	___
<ul style="list-style-type: none"> “Three brains” video 	Watch	___
Module Three		
First email		
<ul style="list-style-type: none"> Audio/video – Our own history with counterwill 	Watch	___
<ul style="list-style-type: none"> <i>Parent’s Self-Management Worksheet</i> – Keeping your cool before, during, and after a counterwill crisis 	Read & complete	___

Second email

- *Counterwill & Development Handout* – Counterwill helps our child’s adult self emerge Read _____

Module Four

First email

- *Preventing & Defusing Counterwill Handout* – The three approaches for addressing counterwill Read _____
- *Reducing the Need for Counterwill Worksheet* – Applying the three approaches in your family Read & complete _____

Second email

- *Synthesis Worksheet* – Course recap including insights, changes to implement, and remaining questions Read & complete _____