

The Torn Project

Season 1 | Episode 12: Resolution Round Up

Extended Show Notes Resources

The following articles, guides, real-life stories, Q&A and 'We love' resources from The Torn Project website may be useful if you want to know more about each resolution we discuss in the episode:

Realise that Inner Conflict's normal

From the website:

- [You're not alone. You're not wrong](#)
- [Is feeling torn self-indulgent?](#)

From the podcast:

- [Ilan's story: torn about my sexuality](#)

Map the Path

From the website:

- [The Torn Journey Detailed Guide](#)
- [The Torn Journey Checklist](#)

From the podcast:

- [Talia's story: my life or death choice.](#) *(The show notes for this podcast also offer further support for inner conflict linked with issues around cancer and its treatment.)*

Identify the Conflict

From the website:

- [What do we get torn about?](#)
- [How to tell you are torn](#)
- [How to tell others are torn](#)

Spot the Fear

From the website:

- [5 ways to calm a conflict](#)
- [How to support emotional storms](#)

From the podcast:

- [Mary's story: my child's life in my hands](#)

Explore the Past

From the website:

- [When the Past resolves](#)

From the podcast:

- [Paul's story: should I leave my marriage](#)

Talk to your Parts

From the website:

- [What is Parts Work and why is it important?](#)
- [No Bad Parts](#)
- [Inside Out](#)

From the podcast:

- [Richard's story: I felt powerless to stop drinking.](#) *(The show notes for this podcast also offer further support for inner conflict linked with alcohol issues.)*

Realise what's right for you

From the website:

- [What's congruence and why's it crucial?](#)

From the podcast:

- [Talia's story: my life or death choice.](#) *(The show notes for this podcast also offer further support for inner conflict linked with issues around cancer and its treatment.)*

Take action

From the website:

- [How to gather resources](#)

From the podcast:

- [Emilia's story: Do I abandon my dream job?](#)