



JESSICA BAUM

therapist ◡ author ◡ speaker

Heal, Restore Connection, Become Self-full®

Jessica Baum, a Psychotherapist who specializes in attachment, codependency, and addiction, helps people create conscious and balanced relationships.

As the founder of The Relationship Institute of Palm Beach, Jessica's work is focused on developing a meaningful connection with oneself and in understanding our own core patterns so that we can better understand how we relate in our relationships.

Jessica created the Self-full® Method to help people in both one-on-one and online transformational group coaching who are struggling with anxiety, relationship conflict, marital issues, and codependent relationships.

She is also the author of ***Anxiously Attached: Becoming More Secure in Life and Love***, having received worldwide praise by several experts in her industry. She shows us that we can change how we show up in our relationships, and by learning our unique patterns we can have healthier ones. Together we can learn to empower, motivate, and inspire each other to connect to our inner selves and bring awareness into our partnerships.



ABOUT JESSICA BAUM

Psychotherapist, Author, Thought Leader,
Relationship Coach, and Founder of the
Self-full® Method

STORY IDEAS

Knowing your attachment style can save you years of heartache – By understanding your unique attachment style and patterns you can learn what types of relationships are better fitted for you. Understand your unique relationship needs, how you handle conflict, and create fulfilling relationships.

The Love-Seeking Epidemic – Are dating apps creating an epidemic of love-seeking excitement without the follow-through of fostering a deeper, more meaningful connection? It's a real risk. Jessica explains how the dopamine reward system prevents people from getting past the early transactional phases of online dating, never allowing you to get to more conscious connections and relationships that lead to real intimacy.

Selfless Attracts Selfish – Learn how to not self-abandon (being selfless) and try being Self-full® instead. We tend to naturally attract our opposite, Jessica explains using interpersonal neurobiology as a framework, but there is a way to attract another giver into your life without becoming selfish.

What is healthy chemistry vs. being Love Blind? – Healthy chemistry is exciting and sustainable allowing for two people to be themselves and grow into interdependency. However, there is a major difference between the initial attachment spark and sustainable intimacy—and much of this has to do with the chemicals that are released in the brain during the early stages of a relationship.

Social Media: Check Your Motives – Social Media and technology is supposed to make our lives easier, but it ends up just being another way to escape our current realities. Often it becomes a way to judge ourselves and leads to perpetuating anxiety instead of giving the inspiration we hope for.



As a seasoned speaker on different platforms, including Instagram Live, Podcasts, and large speaking engagements, Jessica excels at captivating an audience and pulling them into the conversation. She is capable of answering challenging questions on the fly and loves to be able to tie in her own experiences with the neuroscience she studies.

Having her as a guest will not only expand your audience's understanding of themselves, but it will give them the tools to break free from the cultural norms and begin their path of healing.

SUGGESTED INTRODUCTION

Many of us grew up learning that being selfless is not only morally right, but also the path to being loved and appreciated. Our guest today, licensed mental health counselor and author of *Anxiously Attached: Becoming More Secure in Life and Love*, Jessica Baum, shares how going from selfless to Self-full® can lead to a much more fulfilling personal life and partnership. Welcome to the program, Jessica.

SUGGESTED TOPICS

The Protective Strategies that Hold Your World Up: Jessica explains how we all have many protectors that we are unaware of that keep us from getting overwhelmed. These protectors typically stem from our childhood experiences and evolve into strategies to prevent the feelings we had as a child.

Surviving to Thriving: You're not meant to only survive this life. Being trapped in an activated state of fight or flight has many of us on a path that ignores our needs and fuels unhealthy addictions. Jessica explains how we can start processing our past experiences, begin using our right hemisphere more, and tap into the joy and awe that this life offers.

Your Body's Primary Goal for Safety: Nothing is more important to your body than maintaining a feeling of safety. The nervous system as a whole operates in a way to protect us from the world around us. Often, though, in its attempts to keep us safe, it stores memories and creates protectors from childhood experiences that will need processing and healing as an adult.

Selfless Attracts Selfish. Try Self-full® Instead: We naturally attract our opposite, Jessica explains using interpersonal neurobiology as a framework, but there is a way to attract another giver and learn how relationships can embody compromises where both people can get their needs met.

Work Smarter by Being Self-full®: Want to be more productive, engaged, and respected at work? Take a closer look at how responding to work interactions can help you achieve your goals. Are you being selfless, selfish, or Self-full?

SUGGESTED QUESTIONS

- What is embedded trauma? How are we impacted by our earliest experiences and unconscious of how this trauma impacts our everyday life?
- What are implicit memories and how do they affect our personal relationships and adult lives?
- How can we use the right hemisphere more? How does that lead to more creativity, imagination, joy, and a sense of awe? Why is it so hard for us to move that way?
- It seems like our culture is focused on being disembodied, disassociated, successful machines. How can we undo this way of survival and become more embodied? What does embodiment really mean? How does this shift help us to build better relationships with ourselves and others?
- What is the Belly Brain, and how does it function in aiding us to move to a *rest and digest* state rather than the survival state we are all stuck in?
- Self-love and self-care have become cultural buzzwords, but you say there's something missing in our understanding of what these things really mean. Can you explain?
- Being selfless can sometimes go along with being stuck in a cycle of codependency. You've said that one way to break free from this is to become Self-full®. How does that work?
- It feels like our culture is missing the ability to truly support one another. What is the scientific evidence behind this lack of support, and how can we begin to build real support systems that improve our sense of belonging and healing?



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