SESSION ONE
1. Introduction to Session One
2. Defining spirituality
3. Spiritual practice and belonging
4. We are wired for story
5. Dealing with anxiety
6. Emotional fluency, reckoning, and the rising strong process
7. Integration and change
8. Understanding the SFD

SESSION TWO
Rising Strong with Difficult Rumbles
9. Introduction to Session Two
10. Hard rumble topics
11. Sewer rats and scofflaws
12. Boundaries, integrity, and generosity
13. Rising strong as a call to courage
14. Acknowledging fear, grief, and the rumble of forgiveness
15. The rumble of compassion and inherent worth

SESSION THREE
Q&A with Tami Simon
16. Introduction to Session Three
17. Fitting in versus belonging
18. Belonging and the openness to dissent
19. Finding purpose and meaning in daily practice
20. The reckoning
21. Embracing the suck
22. Strategies of disconnection
23. The rumble
24. Rumbling with stereotypes, the role of therapy, and prayer
25. The revolution
26. Rising strong with children