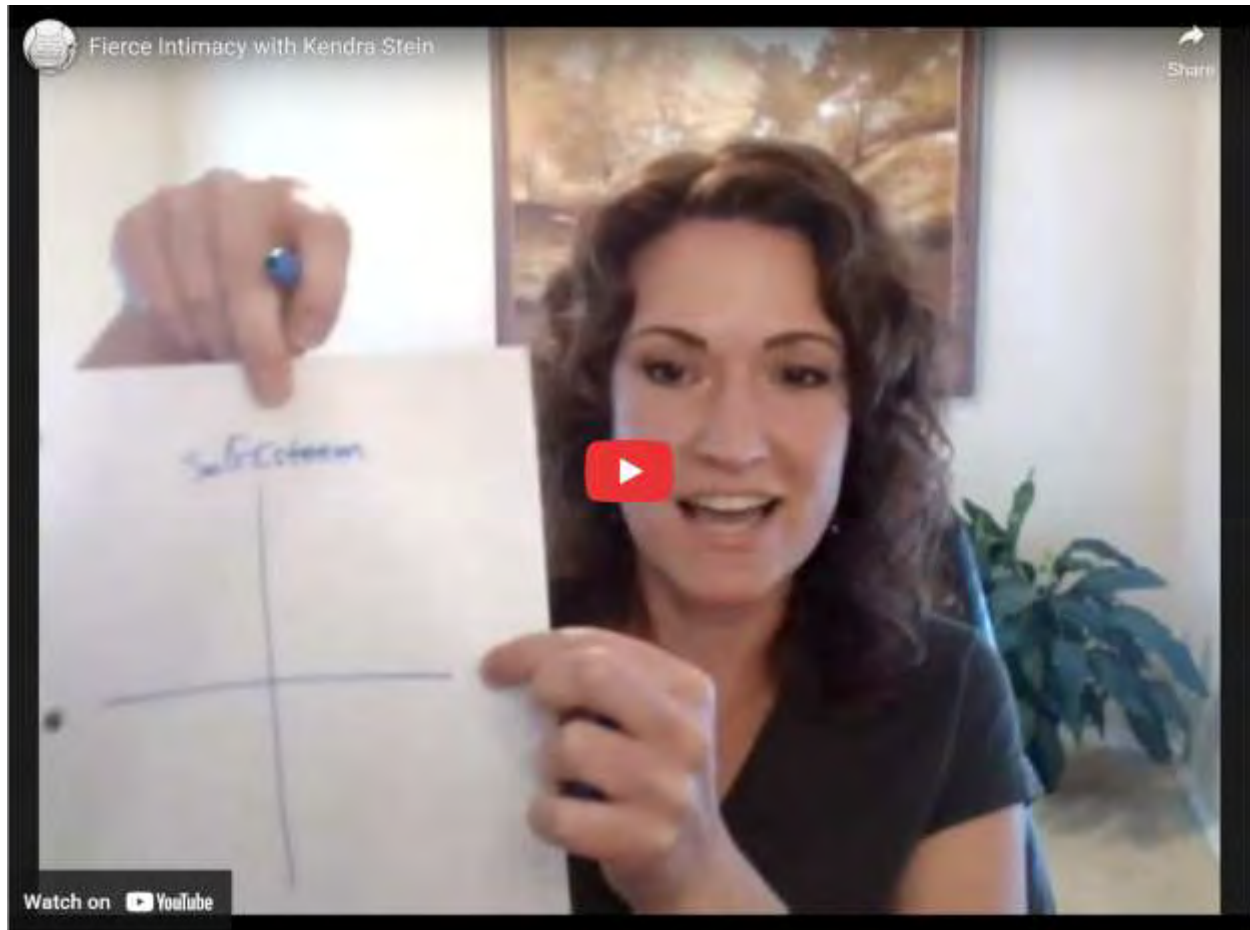


WFWP No. California USA: October: Self-Care Isn't Selfish with Kendra Stein

Katarina Connery
October 28, 2025



For this month's Self-Care Isn't Selfish, Kendra Stein presented on Terry Real's book *Fierce Intimacy*. Kendra, who had the privilege of training under Terry Real, shared his revolutionary approach to living in connection, called "full-respect living." She introduced a practical tool to help us engage with this approach.

Using a grid centered on the healthy components of curiosity, regulation, and compassion, Kendra guided us in identifying our tendencies within four quadrants: grandiosity, shame, walled-off, and boundaryless. Understanding where we fall on this spectrum helps us self-correct and cultivate greater connection and intimacy.

Kendra emphasized, "Even one person in the relationship can make a big difference by learning and practicing the concepts."