

The Relationale User Guide

Helping people build better relationships
with themselves, their lives, and the people they love.

CONTENTS

Table of contents

- 01 Welcome to Relationale
- 02 Getting Started
- 03 Your Member Dashboard
- 04 Courses & Learning Pathways
- 05 Journals, Planners & Devotionals
- 06 Audiobooks & Video Programs
- 07 Resource Hubs
- 08 The Sunday Letter
- 09 Marketplace & Shop
- 10 Account & Billing
- 11 Trust, Ethics & Editorial Standards
- 12 Help & Contact

SECTION 01

Welcome to Relationale

Relationale is a premium educational ecosystem dedicated to one mission: helping people build better relationships with themselves, their lives, their values, their purpose, and the people they love.

What you can do

- A publishing house and school for the inner life.
- Long-form courses, journals, planners, devotionals, audiobooks and video programs.
- Twelve topic hubs from attachment and communication to grief and forgiveness.
- A weekly essay — the Sunday Letter — sent to members and subscribers.

SECTION 02

Getting Started

Create your account, complete a short orientation, and your dashboard is ready. Everything you own — courses, files, audiobooks — lives in your library.

What you can do

- Sign up at relationale.net/signup with an email address.
- Confirm your address using the message we send you.
- Complete the short onboarding to set your interests and cadence.
- Head to your dashboard to continue where you left off.

SECTION 03

Your Member Dashboard

The dashboard is your home base. It surfaces what to return to, what is new, and the small daily practice you set for yourself.

What you can do

- Continue — the last lesson, essay, or entry you touched.
- Library — every course, file, journal and audiobook you own.
- Growth — reflection prompts and your private progress notes.
- Notifications — letters, replies, and account activity.

SECTION 04

Courses & Learning Pathways

Courses are self-paced programs of video and reading with companion practice. Learning pathways group courses into curated journeys.

What you can do

- Every course opens with a syllabus and estimated time.
- Lessons include video, transcripts, and printable handouts where relevant.
- Certificates of completion are generated on request from your account.
- Pathways bundle courses — for example, Communication Mastery or Healing & Recovery.

SECTION 05

Journals, Planners & Devotionals

Beautifully typeset PDFs for thinking on paper. Downloadable, printable, and designed for the long work of becoming.

What you can do

- Daily, weekly, and seasonal formats.
- Each file opens with a short usage guide.
- Print at home on Letter or A4, or read on-screen.
- Every download is available forever from your library.

SECTION 06

Audiobooks & Video Programs

Streamable and downloadable audio, plus a lesson player with transcripts, captions, note-taking and resume-anywhere playback.

What you can do

- Bookmarks and notes sync across devices.
- Captions and transcripts are included for accessibility.
- Downloads are available for offline listening on mobile.
- Playback speed and dark mode are user-configurable.

SECTION 07

Resource Hubs

Twelve fields of study, each with its own reading list, tools, and recommended pathways. Use hubs to go deep on a single topic.

What you can do

- Attachment, Communication, Boundaries, Emotional Regulation.
- Self-Compassion, Grief & Loss, Relationships, Marriage.
- Parenting, Mindfulness, Purpose & Meaning, Forgiveness.
- Each hub links to the courses, essays and tools that best serve it.

SECTION 08

The Sunday Letter

One essay, every Sunday morning — usually 600 to 900 words on the practice of relationship. No advertising, no urgency.

What you can do

- Manage cadence and topic preferences from your account.
- Every issue is archived on the site for members.
- Unsubscribe with a single click at any time.
- Reply directly to any issue — a human reads it.

SECTION 09

Marketplace & Shop

Browse the full catalog by category, format, or collection. Bundles group related products at a lower price.

What you can do

- Gift codes redeem instantly to any account.
- Every purchase appears in your library within seconds.
- Receipts and order history live in Account > Orders.
- Digital products are yours forever.

SECTION 10

Account & Billing

Manage your profile, billing, downloads, orders, certificates, password and accessibility preferences in one place.

What you can do

- Change email, name, and communication preferences.
- Update payment methods and view invoices.
- Download data or delete your account at any time.
- Accessibility options include font size, contrast, and reduced motion.

SECTION 11

Trust, Ethics & Editorial Standards

Every claim on Relationale is sourced in clinical practice or peer-reviewed research. We publish no testimonials, ratings, or fabricated statistics.

What you can do

- Clinically grounded — written or supervised by a licensed psychologist.
- Evidence-informed — sources on file for every substantive claim.
- No third-party advertising and no urgency tactics.
- See the Trust Center for methodology, editorial policy and disclosures.

SECTION 12

Help & Contact

The FAQ answers most questions. For anything else, email the studio and we respond within three business days.

What you can do

- FAQ: relationale.net/faq — refunds, downloads, gift codes, accessibility.
- Trust Center: relationale.net/trust — methodology and editorial standards.
- Contact: relationale.net/contact — direct email to the studio.
- This guide is regenerated on every launch — download the latest at any time.

COLOPHON

About this guide

Set in DejaVu Sans (fully embedded) for identical rendering across every PDF viewer.
Regenerated by the Relationale document pipeline on every launch so it stays synchronized with the platform.

For the latest version, visit relationale.net/user-guide. For the printable PDF, use the download button on that page or in the site footer.