

THE EMOTIONAL EMPOWERMENT PATH

PHASES OF CHANGING EMOTIONAL ASSOCIATIONS

PHASE 1

RELEASE JUDGMENT

Shift from experiencing negative emotions as harmful to helpful.

PHASE 2

UTILIZE EMOTIONS AS AN ADVANTAGE

Shift from disempowered emotional reactions to recognizing how each negative feeling provides unique guidance to help you make empowered shifts in your beliefs and actions.

PHASE 3

ADDRESS PSYCHOLOGICAL NEEDS

Shift from unconsciously trying to have your psychological needs met outside of yourself to consciously learning how to provide for your psychological needs.

PHASE 4

GAIN EMOTIONAL SELF-AWARENESS

Shift from lack of self-awareness regarding shame-inducing emotional triggers to healing underlying shame and emotional triggers.