

EMOTIONAL STONE AGE

Vicious Cycle of
Reacting



Each time you go through the cycle either the emotion or sense of internal depletion grows stronger.

RESULT = YOU ARE GETTING IN YOUR OWN WAY TO CREATE THE CHANGES YOU DESIRE.

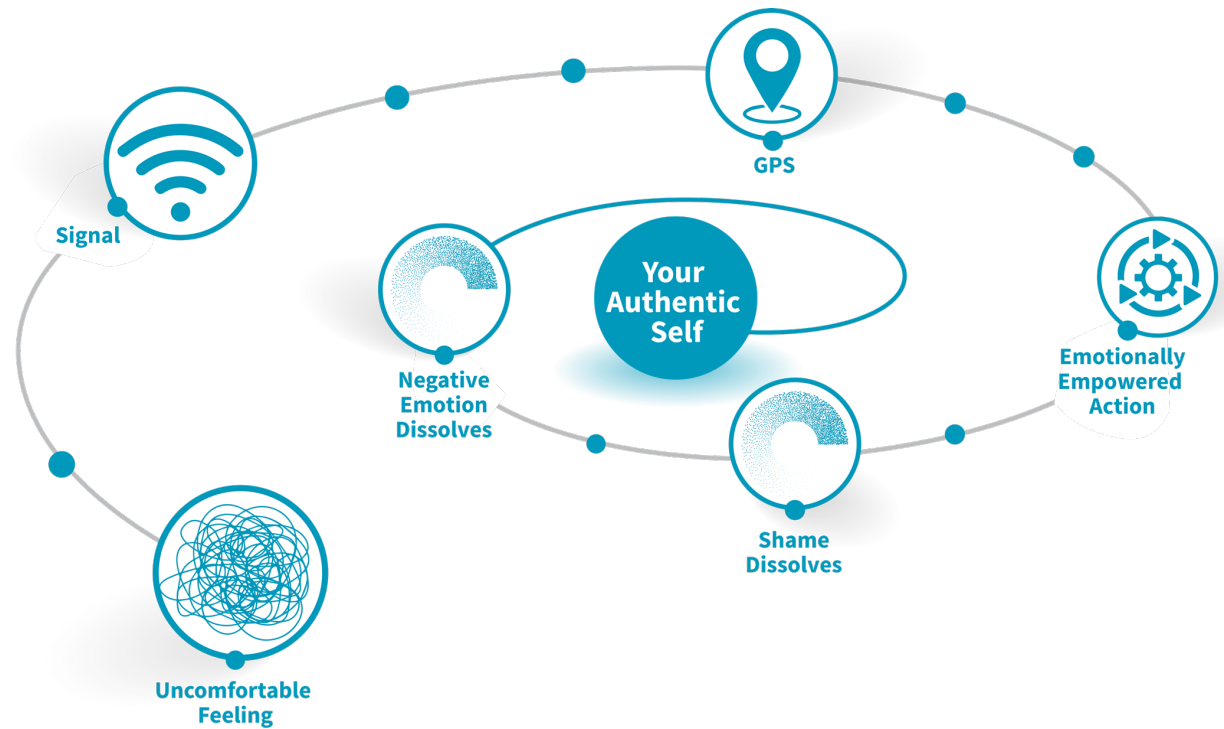
PATH OF MANAGING EMOTIONS

Vicious Cycle



Your awareness supports you to become less triggered and handle challenges better, however, you aren't addressing your unconscious shame, which will hinder your self-awareness and growth.

PATH OF EMOTIONAL EMPOWERMENT



By getting to the root of your negative emotional experience, you challenge yourself to act in opposition to your shame stories. By aligning deeper with your truth, you reinforce the inaccuracies of your shame and create healthier emotional programming within your subconscious.