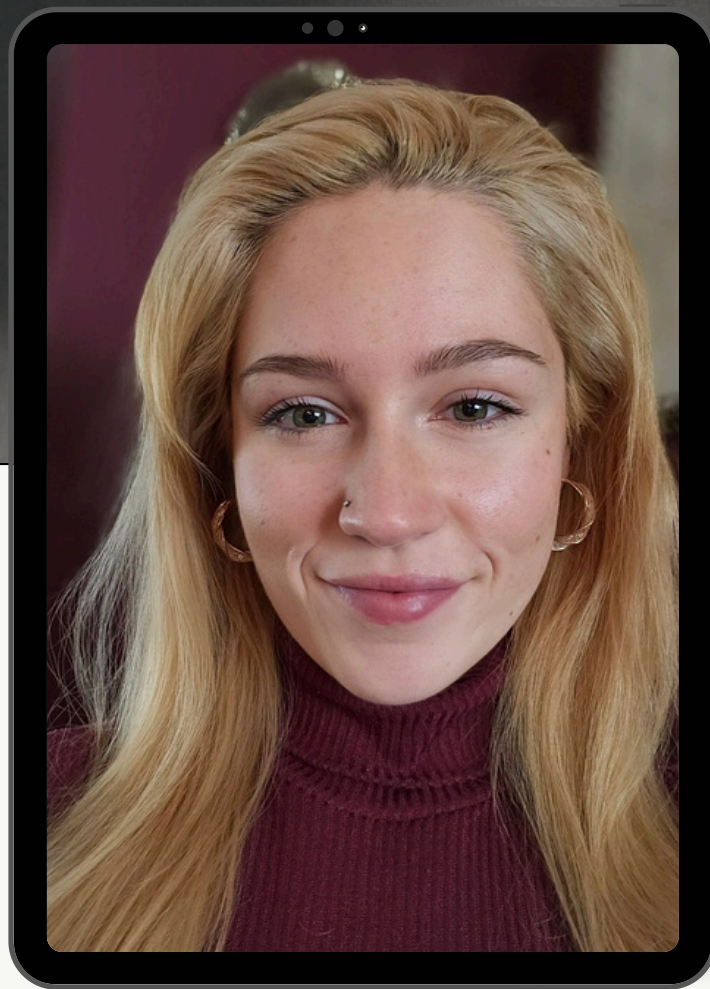


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FREE GUIDE:

7 Shadow Truths That Are Secretly Holding You Back

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*“UNTIL YOU MAKE THE UNCONSCIOUS CONSCIOUS, IT WILL
DIRECT YOUR LIFE AND YOU WILL CALL IT FATE.”*

CARL JUNG

**IF YOU’VE EVER FELT LIKE NO MATTER HOW HARD YOU
WORK ON YOURSELF, THERE’S STILL SOMETHING UNSEEN
KEEPING YOU STUCK THIS GUIDE IS FOR YOU.**

WE’RE DIVING DEEP INTO THE 7 SHADOW TRUTHS

**UNCONSCIOUS BELIEFS, FEARS, AND EMOTIONAL
CONTRACTS THAT OPERATE BEHIND THE SCENES.**

**THESE ARE NOT YOUR TYPICAL LIMITING BELIEFS. THEY’RE
MORE LIKE THE HIDDEN AGREEMENTS YOUR
SUBCONSCIOUS MADE TO STAY SAFE**

**EVEN IF IT COSTS YOU YOUR FREEDOM, FULFILLMENT,
AND TRUTH.**

**ONCE YOU UNCOVER THEM, EVERYTHING BEGINS TO
SHIFT BECAUSE CLARITY IS THE FIRST CATALYST OF
HEALING.**

#1 SHADOW TRUTH

“IF I SLOW DOWN, I’LL FALL BEHIND.”



THIS BELIEF MASKS ITSELF AS **AMBITION**, BUT IS OFTEN
ROOTED IN **FEAR**.

A FEAR OF BEING FORGOTTEN, LEFT BEHIND, OR NOT
ENOUGH.

YOU’RE NOT LAZY, YOU’RE HUMAN AND YOU’RE
EXHAUSTED.

PERHAPS THERE IS A BELIEF THAT YOUR WORTH IS TIED
TO YOUR OUTPUT.

IF THIS RESONATES, ASK YOURSELF THIS:
WHERE DID THIS BELIEF STEM FROM? **AND**
WHAT IS IT STOPPING ME FROM DOING?



#2 SHADOW TRUTH

**“IF I TAKE UP SPACE, I’LL MAKE OTHERS
UNCOMFORTABLE.”**

MANY HIGH-ACHIEVING WOMEN

**UNCONSCIOUSLY SHRINK, SPEAK SOFTLY, OR “BUFFER”
THEIR BRILLIANCE TO AVOID BEING ‘TOO MUCH.’**

**THIS FEAR OFTEN STEMS FROM EARLY EXPERIENCES
WHERE AUTHENTICITY TRIGGERED REJECTION.**

**IF THIS RESONATES, ASK YOURSELF THIS:
WHEN DID I FIRST START TO BELIEVE THIS & WHY? AND
WHERE DO I SEE THIS IN MY LIFE NOW?**



#3 SHADOW TRUTH

“IF I LET MYSELF FEEL IT, I’LL FALL APART.”



**YOU MAY INTELLECTUALIZE EMOTIONS
INSTEAD OF PROCESSING THEM.**

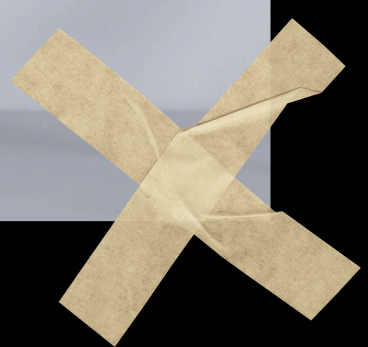
THIS CREATES EMOTIONAL COMPRESSION.

**PERHAPS YOU’RE IN A CAREER WHERE THERE ISN’T
MUCH TIME TO PROCESS EMOTION
(THIS IS COMMONLY SEEN IN ER DR’S AND FIRST
RESPONDERS ETC)**

**AND THIS HAS SEEPED INTO YOUR PERSONAL LIFE
MAKING IT EASIER TO BOTTLE IT RATHER THEN FEELING
IT.**

**THE TRUTH IS: FEELING DEEPLY IS NOT WEAKNESS IT’S
HOW YOU TRANSMUTE.**

**IF THIS RESONATES, ASK YOURSELF THIS:
HOW IS AVOIDING THESE EMOTIONS IMPACTING YOU?**



#4 SHADOW TRUTH

“IF I DON’T HOLD IT ALL TOGETHER, NO ONE ELSE
WILL.”



THIS IS THE CLASSIC TRAUMA-BORN
‘HYPER-INDEPENDENCE.’

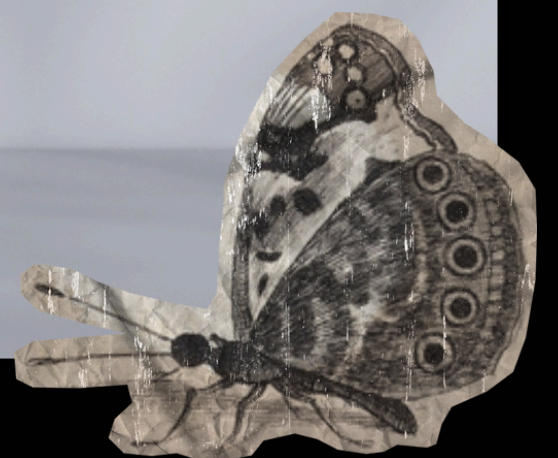
IT MAY LOOK LIKE **STRENGTH**, BUT IT’S OFTEN ROOTED IN A
CORE WOUND OF NOT FEELING SUPPORTED OR SAFE TO
RELY ON OTHERS.

CHANCES ARE GROWING UP YOU WERE THE PERSON THAT
TOOK CARE OF EVERYONE ELSE.

THAT CARETAKER ROLE MEANT YOU DIDN’T HAVE TIME TO
FEEL YOUR EMOTIONS AS YOU HAD TO “KEEP IT TOGETHER”
FOR EVERYONE ELSE.

IF THIS RESONATES, ASK YOURSELF THIS:

WHAT WOULD IT LOOK LIKE IF I FELT SAFE ENOUGH TO LET
GO OF THAT CONTROL? **AND**
HOW WOULD I FEEL?



#5 SHADOW TRUTH

“IF I SET BOUNDARIES, I’LL BE ABANDONED.”

THIS BELIEF OFTEN COMES FROM
CHILDHOOD EXPERIENCES WHERE
LOVE WAS CONDITIONAL.

BOUNDARIES FEEL **DANGEROUS** WHEN YOUR NERVOUS
SYSTEM EQUATES THEM WITH **REJECTION.**

THAT BELIEF OF **CONDITIONAL LOVE** MAY CAUSE YOU TO:

OVER GIVE/PEOPLE PLEASE, ALWAYS BLAME YOURSELF
WHEN THINGS GO WRONG,
A FEAR OF ADVOCATING FOR YOURSELF,
FEEL LIKE YOU DON’T HAVE A SAY,
COMPROMISE YOUR PERSONAL COMFORT AND YOUR NEEDS.

IF THIS RESONATES, ASK YOURSELF THIS:

WHAT MESSAGE AM I TELLING MYSELF WHEN I LET SOMEONE
CROSS MY BOUNDARIES?

#6 SHADOW TRUTH

**“IF I FORGIVE, IT MEANS WHAT THEY DID WAS
OKAY.”**

THIS KEEPS YOU CHAINED TO PAIN.

**FORGIVENESS IS NOT FORGETTING IT'S FREEING YOU
FROM THE ENERGETIC GRIP OF THE PAST.**

FORGIVENESS IS YOURS.

SUBCONSCIOUSLY PEOPLE TEND TO HOLD RESENTMENT
TOWARDS THEMSELVES WITH BELIEFS THAT THEY
“ALLOWED IT” “IT’S MY FAULT THIS HAPPENED”
“IF I WAS --- THIS WOULDN’T OF HAPPENED”

THE TRUTH IS: YOU COULDN'T HAVE TRULY KNOWN THIS
WOULD'VE BEEN THE OUTCOME AND IT WASN'T YOU'RE FAULT

IF THIS RESONATES, ASK YOURSELF THIS:
WHAT'S REALLY PREVENTING ME FROM FORGIVING? AND
WHAT IS THAT COSTING ME?



#7 SHADOW TRUTH

“IF I BECOME WHO I’M MEANT TO BE, I’LL LOSE WHO I’VE ALWAYS BEEN.”

THIS SHOWS UP AS IDENTITY GRIEF.

TRANSFORMATION OFTEN THREATENS THE **SAFETY** OF **FAMILIARITY** EVEN WHEN THAT FAMILIARITY **HURTS**.

EXAMPLE: WHY IS IT EASIER TO REMAIN AT A JOB THAT ISN’T IN ALIGNMENT WITH YOU AND CAUSES GREAT DISCOMFORT?

THERE’S **COMFORT** IN **PREDICTABILITY**.
YOU KNOW WHAT TO **EXPECT** AND CAN **TOLERATE** IT.

THE **FEAR OF NOT KNOWING** THE OUTCOME
OF SWITCHING JOBS FEELS SLIGHTLY MORE **UNCOMFORTABLE**
THEN STAYING
SO YOU **COMPROMISE** DUE TO “**COMFORT**.”

WHAT IF BY NOT BECOMING WHO YOU’RE MEANT TO BE YOU
LOSE OUT ON “**GAINING**” WHO YOU ALWAYS COULD’VE BEEN AND
WHAT YOU ARE TRULY CAPABLE OF.

IF THIS RESONATES, ASK YOURSELF THIS:

WHEN I CHOOSE COMFORT OVER POSSIBILITY , HOW
COMFORTABLE AM I REALLY? **AND**
WHAT IS IT I’M AVOIDING?



FINAL REFLECTION

YOU DON'T NEED TO BE FIXED. YOU NEED TO BE
REMEMBERED.

IF THESE 7 **SHADOW TRUTHS** RESONATED WITH YOU,
YOU'RE NOT BROKEN

YOU'RE EVOKING AWARENESS TO BLIND SPOTS WE ALL
CARRY!

THE NEXT STEP IS LEARNING HOW TO IDENTIFY THESE
BELIEFS WHEN THEY SHOW UP IN YOUR LIFE
THEN CHOOSING HOW YOU WOULD LIKE TO MOVE
FORWARD WITH THEM.

THAT'S WHAT I HELP MY CLIENTS DO!

THROUGH DEEP EMOTIONAL DECODING, NERVOUS
SYSTEM WORK, AND THROUGH INTUITIVE PERSONAL
MASTERY & EMPOWERMENT COACHING.

FILL OUT THE "**CONTACT US**" FORM ON OUR WEBSITE
TO INQUIRE ABOUT/BOOK YOUR **FREE 60 MINUTE
DISCOVERY SESSION!**

