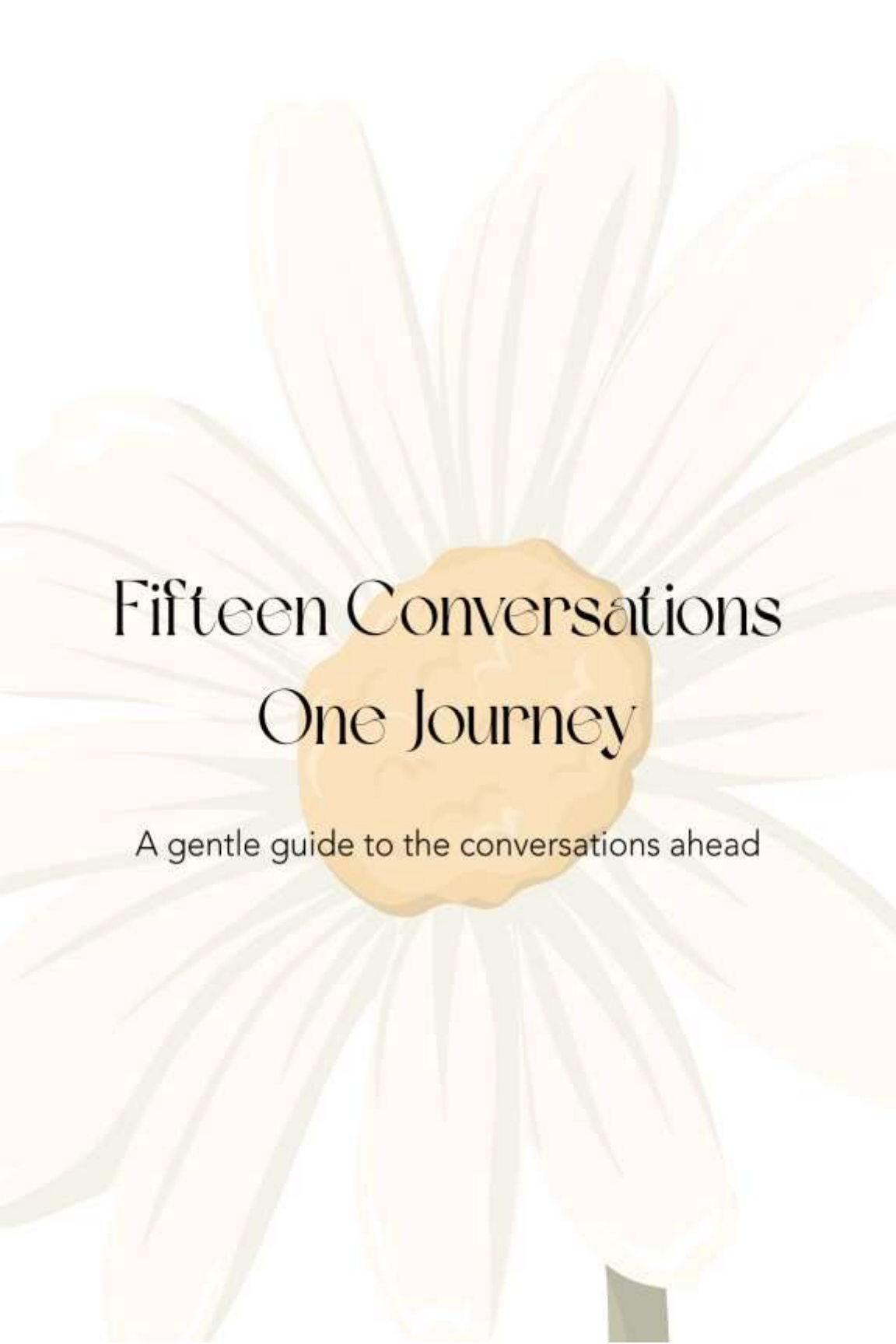




Fifteen Conversations One Journey

A gentle guide to the conversations ahead

Part One - How We Got Here

Conversation 1: Understanding Your Story

The Foundational Idea That Patterns Make Sense

Conversation 2: The Patterns That Protected You

How Coping Mechanisms Develop

Conversation 3: The Cost of Survival

What Protected Me Then May Be Hurting Me Now

Conversation 4: The Self-Abandonment Pattern

I've Spent So Long Adapting to Others I've Lost
Connection to Myself

Conversation 5: The Life Self-Abandonment Creates

How Self-Abandonment Affects Every Area of Your Life

Part Two - How We Get Out

Conversation 6: The First Act of Defiance

Every Pattern Loses Power When It's Interrupted

Conversation 7: The Healing Habit

How New Patterns Are Created and Old Patterns
Lose Their Grip

Conversation 8: A Calmer Me

Understanding triggers, reactions and emotional
regulation

Conversation 9: Breaking the Cycle

Interrupting old patterns before they take over

Conversation 10: The Power of Small Choices

Why lasting change is built one decision at a time

Part Three - How We Never Go Back

Conversation 11: Building Self-Trust

How To Stay on Your Own Side & Build A Life That's Got Your Back

Conversation 12: Staying on Your Own Side

Choosing yourself without guilt

Conversation 13: Creating a Life That Supports You

How to Build a Life That Builds You Right Back

Conversation 14: I Couldn't Have Done It Without Me

Recognising Your Role in Your Own Recovery

Conversation 15: Your Emotional Freedom Plan

A Personal Roadmap for Moving Forward