

Part I
**The Awakening: Seeing the Wound, Naming the
Truth**

This section is where denial ends, and self-awareness begins. Here you'll learn to name your wounds without shrinking from them, to look at the moments that broke you without flinching. Here, you'll unravel the origins of your emotional patterns, not to relive them, but to understand their design.

You'll see clearly how abandonment, betrayal, hypervigilance, and childhood loss shaped your reactions and beliefs. You'll begin to identify the difference between your true self and the armour you've worn for years. The Awakening is the moment you realise the wound is not yours but something you've carried for someone else and, once you see it as *separate* from your identity, you can finally choose not to keep carrying it. In this section, truth becomes your compass, and the fog you've been walking through finally begins to lift.

Let's begin.