

Part II

The Untangling: Releasing the Patterns That Keep You Trapped

In this section, you'll dismantle the unconscious habits and survival strategies that once kept you safe but now keep you stuck. People-pleasing, overthinking, self-sabotage, and over-responsibility lose their grip as you learn where they came from and why you no longer need them.

You'll learn how to hold boundaries without guilt – protecting your energy without apologising for it. You'll discover the emotional roots of your co-dependency, the compulsions that keep you tethered to unhealthy people, and the subtle ways you've been abandoning yourself in the name of keeping the peace.

The Untangling is about loosening those knots with patience and precision so you can move through life without being yanked back into old cycles. You'll learn to protect yourself without isolating yourself, to leave without blowing up your life, and to stop pouring your energy into fixing people who thrive on destruction.

Here, you stop being a prisoner of your past and begin reclaiming your freedom.