Conscious Uncoupling:
5 Steps to Living Happily Even After

by *New York Times* Bestselling Author
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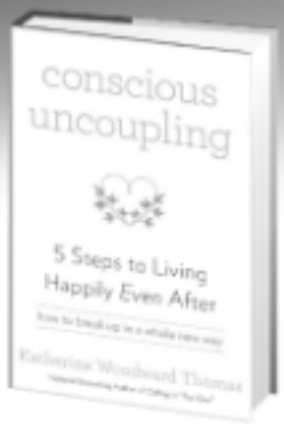

Living Happily
Even After
TODAY

Your Brain on Breakup

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- Fight or Flight State

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- Increased Desire for the One Leaving

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- Increased Desire for the One Leaving
  - Prone To Form Negative Bond (Soul Mate to Soul Hate)

Step One:
Find Emotional Freedom

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- Help client hold and contain their own inner experience

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- Help client transform their anger into the driver of constructive change

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- Help client hold and contain their own inner experience
- Help client transform their anger into the driver of constructive change
- Support client to set a personal intention

Step Two:
Reclaim Your Power and Your Life

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- Help client see their part and take personal responsibility
- Identify the amends that would restore trust in their ability to love & be loved moving forward

Step Three:
Break the Pattern, Heal Your Heart

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- Identify the "Source Fracture" story that's at the heart of the disappointing relational patterns
- Help client to see how that story has been happening through them, not just to them
- Challenge their old story and help client awaken to the deeper truth

Step Four:
Become a Love Alchemist

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- Help client to clear toxic emotional residue and resentments
- Support client in learning to generate goodwill and peace with former partner

Step Five:
Creating Your Happily Even After Life

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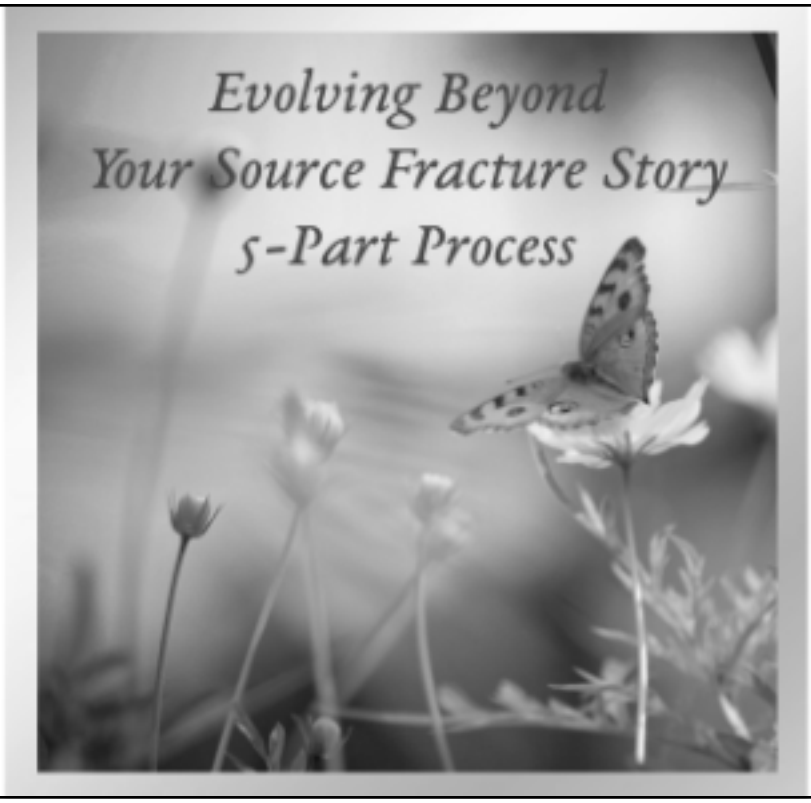
- Help client to generate cohesion in the community impacted by the breakup
- Support client to create win-win structures moving forward


Evolving Beyond
Your Source Fracture Story
5-Part Process

Part One:
Identify the Source Fracture Story

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What are you making your breakup mean about you?

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About your relationship with others?

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About your relationship with others?

About the possibilities you hold for happiness in love?

Part Two:
Challenge the Story

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What's really true?

Part Three:
Identify Old Ways of Relating that have Generated the Story

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How has that old story

been happening *through you*,

rather than just *to you*?

Part Four:
Identify New Ways of Relating Aligned with Deeper Truth

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What new ways of relating

would graduate you from that story

and generate evidence for a deeper truth?

Part Five:
Identify the New Skills & Capacities to Live the New Story

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What new skills and capacities

can you now cultivate

to make this your new norm?

"Times does not heal all wounds. We do."

-Katherine Woodward Thomas

For More Information:

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Step One:
Find Emotional Freedom