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Your Personalized *Healing Reset*

3 Common Healing Setbacks (and How to Overcome Them)

Created for women walking the journey to emotional freedom.

Quick Check-In Assessment

Check all that feel true for you today:

- ☐ I feel like I'm "back at square one" whenever hard emotions come up.
- ☐ I slip into old habits (people-pleasing, perfectionism, shutting down) when I feel stressed.
- ☐ I get discouraged if healing doesn't happen as quickly as I hoped.
- ☐ I notice myself repeating the same patterns, even when I thought I had moved past them.
- ☐ I struggle to see or celebrate the small wins in my healing journey.
- ☐ I sometimes feel like setbacks mean I've failed.
- ☐ I compare myself to others and wonder why my healing feels "slower."

Results:

Mostly 1, 3, 6	Setback 1: Expecting healing to be linear
Mostly 2, 4	Setback 2: Falling back into old patterns
Mostly 5, 7	Setback 3: Progress blind spots

Setback 1: Expecting healing to be linear

You might feel like you're "back at square one" when big emotions resurface. It's easy to believe progress is erased when sadness, anger, or fear show up again. The truth? Healing is not a straight climb upward. It moves in waves. Sometimes forward, sometimes back, always building awareness.

At the end of the day, write down small wins you experienced.
They don't have to be huge:

1

2

3

4

5

What's one way I've grown, even if it feels small?

Setback 2: Falling back into old patterns

You've made progress, but suddenly you notice yourself slipping saying yes when you meant no, striving for perfection, or avoiding emotions altogether. These old habits can feel discouraging, like you're undoing all the work you've done. But falling back into old patterns doesn't mean you've failed, it's simply your body's way of signaling where deeper healing is still needed.

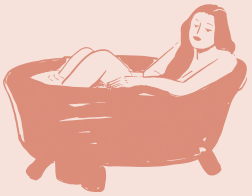
Use this 3-step reset when you feel yourself slipping:

Pause

Stop what you're doing for a moment.

Breathe

Take 3 slow, deep breaths.



Name It

Say to yourself: "I feel [emotion]. I can choose differently."

When I notice myself slipping into an old pattern, I will pause and choose to...

Setback 3: Progress blind spots

Healing rarely feels like a dramatic overnight shift. More often, it's subtle: a softer reaction, a boundary kept, a moment of rest without guilt. But when progress feels quiet, it's easy to think nothing is changing. These blind spots can keep you discouraged, even while you're making powerful moves forward.

Use this 3-step reset when you feel yourself slipping:

One way I responded differently this week was...

One boundary I held was...

One moment I gave myself grace was...

You're not failing. You're *healing*.

The L.Y.F.E. Method (8-Week Coaching Program)

For women ready to break free from survival mode and experience lasting emotional freedom. Inside, you'll learn how to:

- Improve emotional awareness
- Map your body's survival responses.
- Build sustainable habits to heal your mind & body
- Release perfectionism and people-pleasing.

The L.Y.F.E. Lounge (Monthly Membership)

If you're not ready for the full program, join a softer, community-driven path. Get:

- Monthly workshops & resources.
- Ongoing tools you can use every day.
- A supportive circle of women on the same journey.