

SELF & SOUL ALIGNMENT — THE FALSE SELF & THE PROTECTIVE IDENTITY Process

You built a version of yourself to survive. It learned how to avoid rejection, how to secure approval, how to stay in control, how to minimise danger. That version once protected you. But what once protected you may now be limiting you. Alignment begins by recognising this structure clearly.

1. Complete this sentence:

The version of me I built to stay safe is...

Describe how this version behaves in conflict, what it avoids saying, what it needs from others to feel okay, and what it originally protected you from. Keep it factual. This is not about blame. It is about clarity.

2. Protection always has a price. If you continue to live from this identity, what will it cost you emotionally, relationally, energetically? Where are you shrinking? Where are you over-explaining? Where are you tolerating what does not align? If nothing changes for five years, what becomes the cost?

3. Notice where you still speak as if life happens to you. Rewrite one recent situation in authorship language.

From: "They made me feel..."

To: "Something in me was activated."

From: "I can't..."

To: "I am afraid."

From: "This always happens to me."

To: "I keep participating in this pattern."

Feel the shift. Responsibility may feel heavier at first, but it is steadier.

4. If you stopped performing, protecting, blaming, explaining, pleasing and avoiding — who are you? How do you stand? What do you stop tolerating? What no longer needs to be defended? What assumption about yourself must change for this to become your normal?

Alignment begins with decision. Not mood. Not emotion. Decision.



EMPOWERED FREEDOM

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