

PART 3 — YOUR MAP

What This Is: The Heroine's Journey

This is a map to help you understand where you are in your process.
Not where you *should* be. Not where you wish you were. Just where you are.

Important

You are not behind. There's no doing this wrong. You are in a stage, and each has a purpose.

The Five Stages

Read through each stage slowly and notice what resonates.

Stage 1 — Separation & Survival

Something has shifted or ruptured. You are stabilizing, adapting, getting through the day.

Stage 2 — Descent

You are feeling more. Grief, anger, truth, and old wounds are surfacing.

Stage 3 — Initiation / Alchemy

You are beginning to face patterns, meet your parts, and do deeper inner work.

Stage 4 — Integration

You are practicing new ways of being. You're noticing patterns sooner and returning to center more often.

Stage 5 — Return

You feel more aligned, more Self-led. You may feel called to express, create, or share what you've learned.

What Stage Do I Resonate Most with Right Now?

- Stage 1 — Survival
- Stage 2 — Descent
- Stage 3 — Alchemy
- Stage 4 — Integration
- Stage 5 — Return

Why?

 **What This Stage Feels Like**

Right now, I feel:

- Overwhelmed / just getting through
- Heavy / grieving / inward
- Triggered / confronting patterns
- Steadier / practicing new responses
- Clearer / more aligned / expanding

What does this feel like in my body and daily life?

 **What This Stage Needs**

Every stage has a job. What do I need most right now?

✧ **Gentle Orientation**

What would it look like to **honor this stage**, instead of trying to move past it?

 **Where Am I Being Invited?**

Right now, I feel invited to:

- Stabilize and slow down
- Feel and process what's been avoided
- Face patterns or protective strategies
- Practice new ways of responding
- Express or share something emerging

What feels true?

 **Glimpses of Growth**

Even small shifts matter. Where do I already see signs of change?

What feels different — even subtly?

 **What Am I Resisting?**

Often, the next step is the one we resist. What stage or movement am I avoiding right now?

What feels uncomfortable about that?

 **Returning to Center**

When I feel activated or pulled into survival patterns, what helps me come back to myself?

 **One Grounded Next Step**

Not a big leap. Just one step. What is one small, steady action I can take next?

 **Final Reflection**

I am not behind. I am in a stage. And this stage has a purpose. Growth doesn't mean I've arrived. It means I'm moving — with awareness, compassion, and choice.
