

“What was my pain, is now my power.”

You have fully succeeded in installing a new positive pattern. Your old pattern no longer has a hold on you. Your true self is being revealed.

4.

3.

“Whoa, almost did it again...(but I didn’t)!”

Congratulations! You’ve just learned how to restore choice and take back your power.

2.

“I juuust did it, again!”

Noticing all the ways in which you sabotage yourself is very uncomfortable. Hang in there, you are beginning to peel off the layers of old conditioning. Your true Self is being unveiled.

1.

“Do I really do that?”

You have just overcome denial. Change is well on its way.

4 Stages of Inner Growth

A tracking system to overcome mental, emotional, spiritual and physical addictions.