



Break Free

A GUIDED WORKBOOK TO
EMBRACE YOUR AUTHENTIC
SELF



ALIVE HYPNOTHERAPY

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01 Welcome

Congratulations on taking this powerful step toward reconnecting with your authentic self. This workbook is designed to deepen the insights you gained during your hypnotherapy session. Use it as a space to explore your thoughts, challenge limiting beliefs, and align with the real you—the one who lives boldly and unapologetically. Let's get started!

02 Identifying Limiting Beliefs

Exercise 1: Uncovering the Beliefs Holding You Back

Write down 3 recurring thoughts or worries that cause you stress or anxiety.

Example: "I have to be perfect to be loved."

For each thought, ask yourself:
Where did this belief come from?
(Parents, school, society, etc.)

Is this belief truly mine, or does it belong to someone else?

How has this belief impacted my life?

Reflection Prompt:

What would my life look like if I no longer believed this thought?

What might I gain by letting it go?



03

Challenging Societal Norms

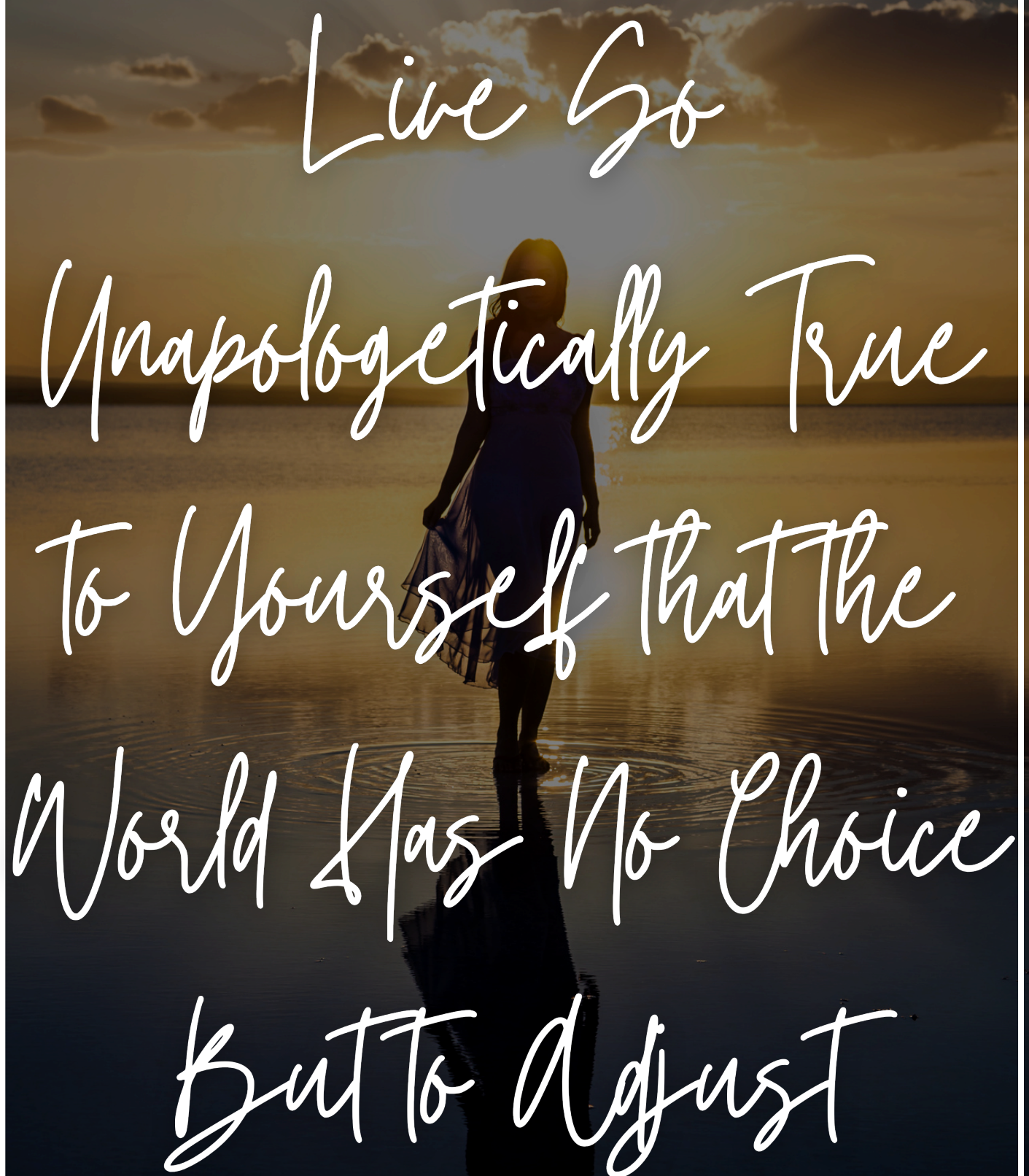
Exercise 2: The Rules I Didn't Sign Up For

1. List 3 “rules” or societal expectations you feel pressured to follow.
 - Example: “I need to have a certain job title to be successful.”
2. For each one, explore:
 - Do I truly agree with this rule, or is it something I've been taught to accept?
 - Who benefits from me following this rule?
 - What would happen if I broke this rule?

Reflection Prompt:

“How can I begin living outside the lines of this expectation while staying true to myself?”



A woman in a blue dress is walking away from the camera on a beach at sunset. The sky is filled with soft, golden light and scattered clouds. The water in the foreground is calm, reflecting the woman and the sky. The overall mood is serene and contemplative.

Live So
Unapologetically True
to Yourself that the
World Has No Choice
But to Adjust



04 Insights from Hypnotherapy

Journaling Prompt 1: Your Authentic Self

- During the guided audio, you connected with your most authentic self. Reflect on this version of you:
 - What did they look like, feel like, or say to you?
 - What qualities about them stood out to you?
 - How are they different from the version of you that exists today?

Journaling Prompt 2: Releasing Stress

- In the audio, you released stress and began letting go of what no longer serves you.
- Reflect on:
 - What did you feel yourself letting go of during the session?
 - What thoughts, feelings, or sensations have shifted since then?
 - What do you want to release next?



05 Affirmations and Daily Practice

Your New Beliefs

- Based on what you've uncovered, write 3 new empowering beliefs to replace the ones you've released.
 - Example: "I am worthy of love exactly as I am."

Daily Practice:

1. Start your day by repeating these affirmations out loud or in your mind.
2. Write them on sticky notes and place them where you'll see them often (mirror, desk, car dashboard).

06

Moving Forward



Commit to Living Boldly

- Write a promise to yourself:
 - “From this moment on, I choose to live unapologetically as my true self by...” (fill in the blank).
 - Example: “...letting go of the need for perfection and embracing my unique journey.”

Reflection Prompt:

“How can I remind myself daily to live authentically and not give a damn about what others think?”

Visit my website:

www.AliveHypnotherapy.org

Your journey to embracing your authentic self begins now. Each step you take today brings you closer to living boldly, unapologetically, and true to who you really are. My transformation process combines the best of traditional therapeutic styles with the powerful benefits of hypnosis, making for rapid and lasting change. This is your next step toward unlocking deeper insights, breaking through limiting beliefs, and empowering yourself to live the life you deserve. Don't wait—make the commitment to yourself today and step into the life you've always dreamed of. You are worthy of living authentically. Let's move forward together!



ALIVE HYPNOTHERAPY



My Journey to Transformation

How I Found Freedom and Now Help Others Do the Same

From Struggle to Strength

Growing up, untreated anxiety and ADD left me feeling invisible and lost. At home, I had no voice, and at school, bullying and confusion made me bury my pain deep inside. I turned to self-harm, drugs, and alcohol to cope, eventually dropping out of high school and entering rehab for heroin addiction at 17. I believed I was broken and unworthy of happiness.

Becoming a mother at 21 gave me a reason to fight for change. I turned to fitness and wellness, healing my body and mind, and began helping others as a personal trainer. But despite my progress, I realized the true barriers—both for myself and my clients—weren't physical. They were rooted in the subconscious mind.

Reclaiming My Power

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