



5 REASONS TO
Befriend Your
SHADOW
EMOTIONS

Mary Jo Rathgeb

www.maryjorathgeb.com

5 REASONS TO *Befriend Your* SHADOW EMOTIONS

Copyright © 2023 Mary Jo Rathgeb

© Creative Directions for Living, LLC.

Richmond, VT 05477

All Rights Reserved. No part of this publication may be reproduced in any form or by any means, electronically or mechanically, including photocopying or recording, without written permission from the author, except for the inclusion of brief quotes in a review.

Learn more about Mary Jo Rathgeb and her work at: www.maryjorathgeb.com



ABOUT

Mary Jo Rathgeb, Life Transitions Coach, Professional Certified Coach (PCC), Certified RIM Facilitator, iPEC Energy Leadership Master Practitioner, and Human Design Consultant, Mary Jo helps clients shine a light on their shadow emotions so they can reclaim the energy and wisdom contained within.



As the founder of Creative Directions for Living, LLC., Mary Jo holds space for, and expertly guides, women who are ready to release people-pleasing and perfectionism so they can create a life that aligns with their authentic self.

She specializes in working with women catalyzed by a major life event and who are ready to consciously navigate the uncertainty of that change so that they can emerge transformed with a newfound sense of resilience and wholeness.

Mary Jo has a BA in English Literature and an MS in Grief and Loss Counseling. Inspired by Joseph Campbell's framework of the Hero's Journey and Erik Erickson's Psychosocial Stages of Development, Mary Jo believes it is never too late to let go of habits you have outgrown, reclaim your mojo, and evolve into the next version of yourself. Mary Jo's mission is to help people learn to accept and value themselves—the good, the bad, and the ugly—so they are free to be who they really are—not someone they think they are supposed to be. In doing so, they are free to pursue the life that aligns with their deepest truth.

Her Life Alignment Program offers women the opportunity to choose how they want to show up in their life, how to create a vision and a plan for this new direction, and the tools to confidently embark on the journey.

To learn more, visit www.maryjorathgeb.com



To get started, schedule a complimentary
Befriend Your Shadow Emotions call
<https://calendly.com/maryjorathgeb/30min>

Please complete the brief questionnaire so I can support you during the call. In your complementary call, I'll share one strategy to support the struggle that you share in your form, and if it aligns, will invite you to step into deeper work.



OVERVIEW

Do you find yourself habitually stuffing down your anger, sadness, pain, or fear? Do you struggle to align with the experience of joy and trust, and find yourself repeating the same old patterns, even when you know you want to change? Is this behavior leading to a disconnection from others, yourself, and your life?

If you are nodding in agreement, the answer lies in doing the counterintuitive thing. Instead of avoiding the painful feelings, the solution is to move towards them!

I invite you to befriend your shadow emotions!

Yes, you read that correctly! By befriending your shadow emotions, you shine a light on them, and begin to see them clearly. What gets illuminated, in addition to your fears and pain, are joy, a sense of connection, opening to possibility, peace, wonder, and awe. Surprisingly, our shadows are not all negative, they are also filled with golden gifts that we inadvertently stuffed along with all we avoided.

As a Life Transition Coach and Certified RIM Facilitator, I have witnessed clients who after befriending their shadow emotions, rediscover a passion and joy for life, feel connected and supported, and more aligned with their authentic selves.

In this supportive eguide, you'll learn 5 reasons to befriend your shadow emotions.

5 Reasons to Befriend Your Shadow Emotions

1 **Uncover the Source of Self-Sabotaging Patterns**

When you find yourself repeating the same old habits and behaviors even though you want to change them, you are butting up against age-old measures you put in place to protect yourself. It doesn't mean you are bad, wrong, or weak. And it doesn't have to define who you think you are. It means that you have an ingrained pattern of response, most likely from childhood, that needs to be seen for what it is and acknowledged. What helps you survive as a child, becomes limiting in adulthood. It must be transcended for your full potential to emerge. The first step is to become acquainted with it.

2 **Deepen Your Trust in Your Intuition**

Once you stop avoiding painful feelings, and start to lean into them, you will find that they carry messages for you. When you listen, you will find that you have a wealth of knowledge within you. There's a part of you that does know best. All the answers lie within you. Once you tap into that wisdom, and start to heed it, you will learn to trust your inner guidance.

3 **Feel Supported by the Universe & Connected to Your Divine Support Team**

One of the mysteries of moving towards your shadows is that the dark is not all bad. It may feel scary, but it is both the place of fears and freedom. Your divine support team is there too. You don't have to walk it alone. Inside our fear and on the other side of it is a deep well of resources that come from within and beyond.

4 **Strengthen Your Connection to Others**

Once you have connected to your inner guidance and your divine support team, you will also be able to connect more easily with people in your daily life. The energy you once invested in repressing negative emotions is freed up to flow through and out to others. You will make new or stronger connections and have a better sense of who is good for you and who isn't.

5 **Open to Expressing Yourself Authentically**

As you begin to embrace all of who you are, welcoming negative and positive emotions and qualities of yourself, you will discover the perfection of your imperfections, the beauty in your humanity. You will feel more at ease within yourself, accepting all of who you are. You will begin to express yourself more openly and honestly. You will find your voice and share yourself authentically.

If you are saying, "I want to experience that!", let's explore your shadow emotions together!

Befriending your shadow emotions is not for everyone. It requires a healthy dose of courage, compassion, and curiosity. You must be willing to be in discomfort to move through it to a new level of comfort. You must be willing to look at your frenemy with new eyes. When you do, what you see will unlock untapped resources that are just out of sight. Shine a Light on you – all of you – and discover the gold buried inside!

To get started, schedule a complimentary
Befriend Your Shadow Emotions call
<https://calendly.com/maryjorathgeb/30min>

Please complete the brief questionnaire so I can support you during the call. In your complimentary call, I'll share one strategy to support the struggle that you share in your form, and if it aligns, will invite you to step into deeper work.

