



Rising Within

The R.I.S.I.N.G. Method Introduction

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Rise Gently. Reclaim Fully.

www.risingwithinllc.com

Welcome to Your Beginning

If you are here... something in you is ready.

Maybe you cannot fully explain it. And maybe you do not even have the words yet. But there is a quiet knowing, that something needs to shift.

This space is for you.

Not the version of you that shows up for everyone else. Not the person who keeps it all together. Not even the person that pushes through, no matter what.

Just *you*. The honest, unfiltered, and becoming... *you*.

Inside of these pages, we are starting with an introduction into two powerful steps.

Root and Identity

We will gently explore:

- Where you have been
- What has shaped you
- and who you are beneath it all

There is no pressure here. No perfect answers. No right or wrong way to do this. There is only awareness. There is honesty. There is a beginning.

Take your time.

Be kind to yourself.

And most importantly... Be real.

Because this?

This is where everything starts.

--- **Rising Within**

About Me

Hi, I'm Erin

Certified Life Coach - Founder of *Rising Within* & Creator of *The R.I.S.I.N.G. Method*

I am not here because I had a perfect life, or because I always knew who I was. I am here because I did not. I am here because I have lived through seasons that broke me... and then I slowly learned how to rebuild myself from the inside out.

I know what it feels like to lose yourself in survival mode. To carry things that you do not talk about. To look like you are holding it all together, while quietly falling apart.

I have walked through deep pain, through healing, through starting over more than once.

Somewhere in that process, I realized something powerful:

You do not just "move on" from hard seasons.

You rebuild from them.

Piece by piece.

Layer by layer.

Not perfectly - But intentionally.

I am...

A wife, a mom of three, and a chaos coordinator in the middle of real life - every single day. I have spent years being the one people come to - to talk, to unload, to feel safe. And I have always felt deeply honored to hold that space. I know, personally, how much courage it takes to let someone see the parts of you that feel messy, heavy, or unfinished.

I created *Rising Within*...

Not because I have all of the answers - but because I have lived through the questions.

I know what it is like to want more for yourself... but not know where to start.

Healing should not feel cold or clinical. It should feel human. Safe. Real.

This is not about becoming someone new.

This is about finding your way back to who you are - underneath the layers, the expectations, the survival.

And if you are here...

You are already closer than you think.

-- Erin

Now, let's start with you...

WEEK 1: ROOT

You cannot heal what you do not allow yourself to feel.



Emotional Awareness

Before we can change our patterns, we have to notice them.

This exercise helps you slow down and understand what you're feeling, how you're reacting, and what you may actually need underneath it all.

Think of a recent moment that felt emotional, overwhelming, or triggering. Break it down gently:

Situation <i>What happened?</i>	Emotion <i>What did you feel? (be specific)</i>	Reaction <i>What did you do or how did you respond?</i>	What I Needed <i>What support, boundary, or care did you need in that moment?</i>
Argument with partner _____ _____ _____	Overwhelmed, unheard _____ _____ _____	Shut down, stopped talking _____ _____ _____	To feel heard and reassured _____ _____ _____

What patterns do I notice in my reactions?

• What emotions show up most often?

• What needs of mine are *not* being met?

• What needs of mine are not being met?

You are not too much! You are responding to something that matters.

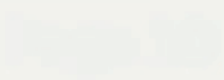
Root Reflection

What patterns do I notice in my life?

What wounds still feel open?

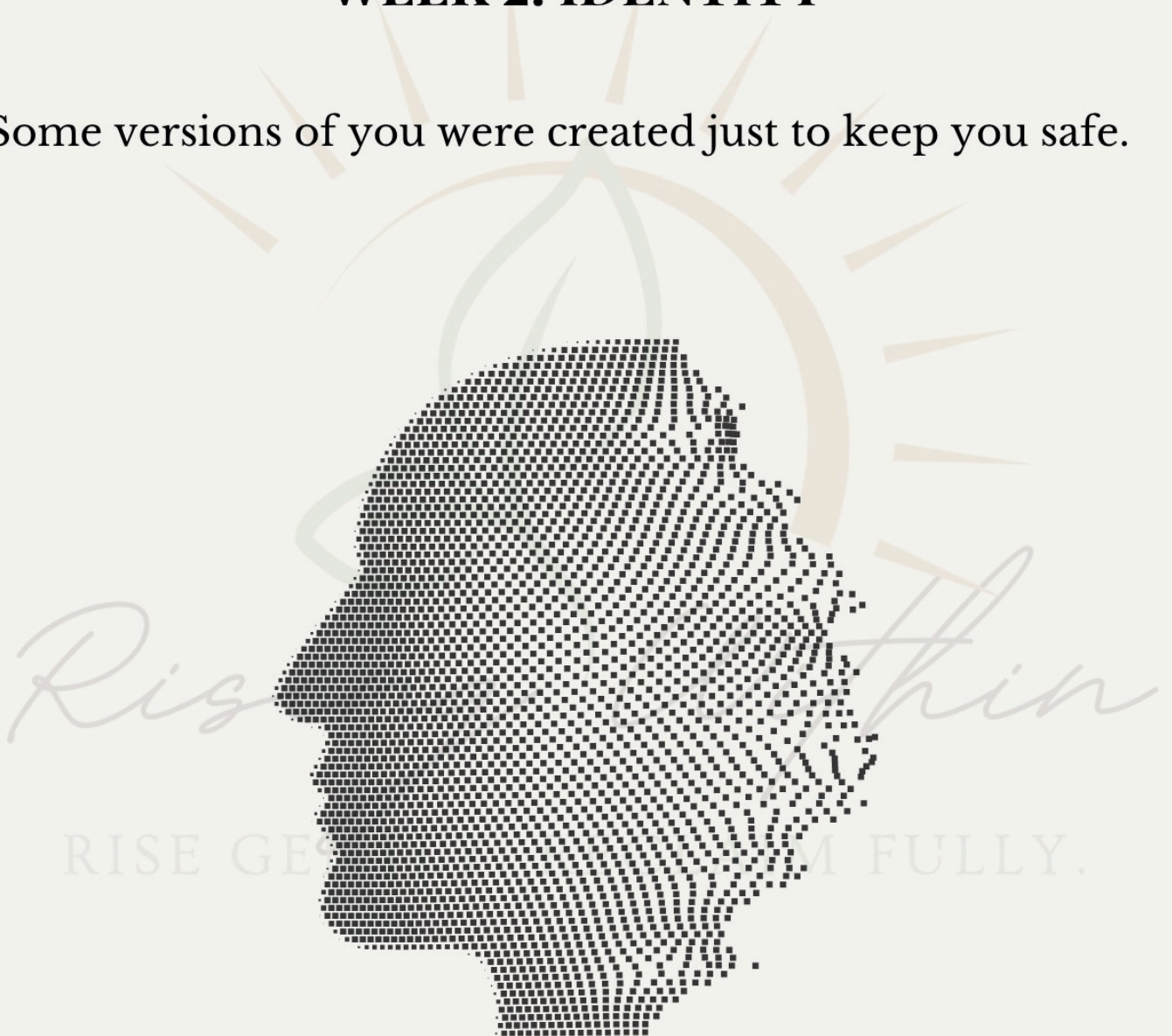
What parts of me feel unheard?

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RISE GENTLY. RECLAIM FULLY.



WEEK 2: IDENTITY

Some versions of you were created just to keep you safe.



Roles I Have Played

When did I first feel like I had to be this version of myself?

How how this role helped me?

How has this role held me back?

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RISE GENTLY. RECLAIM FULLY.

You are aloud to outgrow the roles you once needed to survive.

Before You Go...

Pause for a moment.
Take a breath.
Recognize what you just did.

You showed up for yourself. Maybe in a small way. Maybe in a way that felt uncomfortable.
But, you showed up.
And that matters more than you think.

Awareness is the first shift. And you have already begun.

You may not have all of the answers yet.
You may even still feel unsure.

That is okay.

Growth does not happen all at once... It happens in moments like this.

Quiet realizations.
Honest reflections.
Small steps forward.

If something inside of you feels different... even just a little more clear, or a little more open -
do not ignore that.

Follow it. Nurture it. Trust it.

If this experience spoke to you... imagine what is possible with deeper guidance and support.

The full **R.I.S.I.N.G. Method** is designed to walk with you through every layer of your growth.
Step by Step.

If you are ready for that next brave step,
I would be honored to walk alongside of you.

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