

Identity

Who Am I Now? *Finding Yourself After Loss*



When someone you love dies, a part of your identity changes, too. Roles shift. Daily rhythms dissolve. The person who once reflected your place in the world is no longer here—and your inner landscape can feel unfamiliar.

You may notice moments of disorientation... Not knowing who you are without them. Not recognizing the version of yourself that's emerging. Not feeling like the “old you,” and unsure if you ever will again.

This isn't a sign that something is wrong. It's a natural, human response to deep loss.

Through gentle, supportive conversations—and hypnosis-inspired practices designed to soften fear and strengthen inner steadiness—we explore the pieces of your identity that feel shaken, missing, or ready to grow.

**Schedule your free 20-minute chat with me via
my online calendar.**

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