

WHEN LIFE KICKS YOU OUT

Understanding Identity Collapse
and the Awakening That Follows



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Introduction

When the Life You Were Living Ends

Have you ever felt that the life you were living has outgrown its form? Or worse yet, that it has dissolved completely, leaving you feeling like you've been kicked out — like you don't belong there anymore?

Believe me, I know that feeling.

I know what it's like to scramble, trying to hold onto the life I had built — the life that once worked for me. But the harder I tried to hold on, the more I felt the old life slipping away.

Sometimes life reaches a point where the identity we've been living simply can't continue.

Perhaps you are going through a divorce after a long-term marriage. Or you're beginning to see a toxic relationship pattern that kept you trapped in cycles of pain, no matter who the partner was.

Maybe you're experiencing burnout from a job or career path that once defined you. Perhaps you've already left that path, or maybe you were laid off and now you're questioning everything.

You might be experiencing depression, anxiety, or what some people describe as a Dark Night of the Soul — a period of time when life loses its meaning and you feel lost, disconnected, and unsure of who you are anymore.

Maybe a large part of your identity was built around being a wife and mother, and now the marriage is over and the kids are grown and gone.

Who are you now?

Maybe you've lost your home because of financial challenges or circumstances beyond your control.

Whatever it is that has brought you here — welcome.

I'm glad you found your way here.

And if you stick with me, I will help you to open some doors and discover the deeper truth.

It does get better.

You will find your way through this.

There is light on the other side of this passage.

And I would be honored to help guide you toward that light.

Chapter 1

How Life Gets Our Attention

Life has many ways of gaining our attention.

The problem most people have is that they don't listen. They don't pay attention. They are too busy trying to hold onto what is already crumbling and falling away.

It can be difficult to admit that the life we have been living has outgrown its form. And often by the time we finally admit this to ourselves, the life we were trying to hold together has already fallen apart.

When this happens, it's easy to feel like a victim.

Why me?

Why did this happen to me?

Why now?

But many times we are asking the wrong questions.

We get stuck in the "Why."

The more important question is:

What is this unraveling trying to tell me?

What I have discovered in my own life, and in working with others, is that life often tries to redirect us when something no longer fits who we are becoming — or who we are meant to become.

For example, if you have been stuck in a pattern of choosing toxic relationships — relationships where you feel belittled, unwanted, unloved, hurt, or betrayed — life may eventually deliver a wake-up call strong enough to move you in a new direction.

Most of the time, the process starts quietly.

You may first receive what I call *the whisper*.

It's that nagging feeling just beneath the surface of your awareness telling you:

Something isn't right.

I'm not happy.

I want out.

But listening to that inner voice often means making changes you may not feel ready for. So you push the feeling aside and keep going.

Then something happens that feels more like a shout.

Maybe an affair is discovered. Maybe there is a betrayal, a major conflict, or something that shakes the foundation of the relationship.

It's harder to ignore now.

But many people still try to hold everything together. They patch things up with emotional duct tape and super glue, hoping things will somehow change without any real transformation.

And if we still refuse to listen, life eventually brings what I call:

The two-by-four over the head.

This is the big WHACK that you can't ignore.

No matter how hard you try.

It hurts so much that you are finally forced to stop and pay attention — even if you don't want to.

Whatever the circumstances are that brought you to this place, I hope life has your attention now.

Because when life begins dismantling the identity you have been living, it is often preparing you for a profound shift.

And when that identity begins to fall apart, a deeper question emerges:

Who am I now?

Chapter 2

The Experience of Identity Collapse

Identity collapse happens when the structures you have built your life around — the ones you have identified with — begin to unravel or fall apart.

When this happens, it often leaves you asking a painful question:

Who am I now?

Or you may find yourself saying:

I don't know who I am anymore.

You may feel lost.

You may begin questioning everything you once believed.

You may feel disconnected from the people, the routines, and the structures that once gave your life meaning.

You may find yourself asking, *What's next?* — but no answers seem to come.

I often refer to this stage as **The Dark Night of the Soul**.

This is the stage where the life you have been living has outgrown its form, yet nothing has moved in to take its place.

You are no longer who you were.

But you do not yet know who you are becoming.

The Metamorphosis

The Dark Night of the Soul can be compared to the transformation of the caterpillar whose destiny it is to become the butterfly.

The first stage of that transformation is something most people don't realize.



The caterpillar actually dissolves.

The old form breaks down into what scientists describe as a kind of biological soup — a formless mass that no longer resembles the caterpillar at all.

Out of this seemingly chaotic process, something remarkable begins to happen. Hidden within that dissolved form are imaginal cells — the blueprint of the butterfly that is yet to come.

Slowly, those cells begin reorganizing the dissolved material into something entirely new.

But from the outside, it appears as though nothing is happening.

Inside the cocoon, there is no visible movement. No visible progress.

Just stillness.

And yet, one of the most extraordinary transformations in nature is quietly unfolding.

Eventually, the butterfly emerges from the cocoon and takes flight into a completely different life.

The Human Dark Night

When we enter a Dark Night of the Soul, we may experience a similar kind of dissolution.

The identity we once lived begins to break down.

And it can be frightening.

Sometimes everything we built our lives around begins to unravel at the same time.

Relationships end.

Careers fall apart.

Homes are lost.

Roles we once depended on disappear.

In my own life, my last Dark Night of the Soul arrived as a series of devastating events that unfolded within a single year.

A deep betrayal from my partner ended my relationship.

My son became an adult and moved out.

I lost my home, my pets, and even my health.

All of it happened within a very short period of time.

And it left me completely disoriented — unsure of who I was anymore or what my life was supposed to look like going forward.

This was not a graceful process by any means.

I went into it kicking and screaming.

The result was deep depression and anxiety.

You Are Not Alone

Maybe your transition will be more graceful than mine was.

But if it isn't, please know this:

You are not alone.

The collapse of an old identity can be incredibly painful and disorienting.

But it is also important to remember something.

Just as the caterpillar must dissolve before the butterfly can emerge, identity collapse is often part of a much larger transformation.

It may feel like something inside you is dying.

But in truth, something new is being born.

You are not dying.

You are being reborn.

And at the end of this passageway, there really is a butterfly waiting to emerge.

Chapter 3

The In-Between Stage

The in-between stage is the stage of life where you find yourself in the cocoon — or what I like to think of as the womb of transformation.

From the outside, it may appear as though nothing is happening. Everything can feel strangely still. You may even wonder if you are stuck.

But this stillness is exactly as it should be.

Because what is happening now is happening on the inside.

It is a deep inner process that often involves questioning everything that has fallen away — old patterns, old beliefs, old behaviors, and the identities you once lived.

During this stage, you may experience loss and grief. Whenever something old falls away, it can feel like a death. A chapter of your life has ended, and it is important to honor that loss rather than rush past it.

Allow your grief to take its course.

You may also experience anxiety and fear.

I often look at anxiety as fear about a future that has not yet arrived, while fear is more connected to what is happening right now — the feeling that everything is falling apart and you can't hold it together.

Uncertainty is also very common during this stage.

When you are in the in-between, nothing feels certain. You don't yet know what is coming next. And part of the challenge is learning how to find some measure of peace within that uncertainty.

You may feel as though you are in limbo, which is very typical when life has placed you in a holding pattern. Many people feel an urge to quickly create something new, simply to escape the discomfort of not knowing.

But often when we are in the Dark Night of the Soul — or the in-between stage — it is not yet time to build the new.

It is time to release the old.

It is time to allow the previous identity to dissolve completely, and to honor the grief that comes with letting it go.

At the same time, it is important to remember that this is not the end of your life.

It is the **germination stage** of the new life waiting to emerge.

Just as the caterpillar must dissolve before the butterfly can form, this stage prepares the ground for a new identity to emerge.

And that new life is usually a more authentic expression of who you really are.

You are leaving behind what was no longer working — or what had already outgrown its form. This may include identities you carried for many years that were never truly the essence of who you are.

Perhaps you identified with being a wife, a mother, a businesswoman, or any number of other roles.

But were those roles really who you are?

More often than not, they were roles you played — roles that once served a purpose in your life.

Now those roles are falling away.

And in their place a deeper question begins to emerge:

Who am I really?

Chapter 4

What Comes Next

Although we can't know exactly what path will unfold before us, we can trust that something more authentic and true for you is emerging.

And when we begin to sense that something new is trying to emerge, it often creates a desire for deeper inner exploration — not so that we can quickly rebuild the old life, but so that we can consciously create something new.

This is not a time to resurrect the old forms.

It is a time for **reinvention**.

A time to meet yourself with honesty and ask the deeper questions:

What in my old life was no longer working for me?

Why was it no longer working?

What part of me was being suppressed, abandoned, or ignored?

When we begin asking these questions honestly, something important begins to happen.

We start making peace with what is falling away.

You may even begin reminding yourself:

The things that have fallen away no longer serve the amazing person I am becoming.

For example, if a toxic or narcissistic relationship has ended, perhaps the part of you that needed to play small in order to stay in that relationship is ending as well.

To resurrect that version of yourself would mean finding another relationship that allows the same pattern to continue.

But if you and I were sitting together having a deep and honest conversation and I asked you,

Do you really want to do that again?

You would probably say,

“No.”

Of course you would say no.

Because that life did not honor you.

You had to abandon yourself to stay in it.

And deep down, I believe you no longer want to do that.

The deeper truth is that you would probably love to experience a more empowered and authentic relationship with yourself.

And if you choose to create another relationship in the future, it would come from a place of self-respect, self-love, and self-honoring.

This is why the crumbling of the old structures in our lives can actually be such a powerful opportunity.

If we can step back and see it.

If we are not so lost in the pain of what has fallen away that we miss what is trying to emerge.

Grief is part of this process, and I encourage you to honor it.

But I don't want you to stay stuck there.

I want to see you move through it.

I want to see you become the butterfly in your own life.

Remember:

The caterpillar had to dissolve so that the butterfly could emerge.

Chapter 6

Why I Do This Work

You may be wondering why this work matters so deeply to me.

For nearly two decades I guided people — mostly women — through the pain of narcissistic abuse.

But somewhere along the way I began to feel that there was a deeper layer to the work I was meant to do.

And if I'm honest, I resisted it.

The work I had been doing served people well, and it served me well too. It became part of my identity.

But eventually something began to change.

My business began to dry up. People were no longer coming to work with me the way they once had.

And that took me straight into an old wound of unworthiness.

Maybe I no longer have value to people.

I tried to push harder. I tried to revive what had once worked.

But in truth, I was pushing against the current.

What was really happening was that life was asking me to step into something deeper — the part of me I now call **The FlameWalker**.

The one willing to stand in the fire of truth while old identities dissolve.

That deeper work had been inside me all along.

I simply didn't want to let go of what had worked for so long.

Until life made it impossible not to.

I know what it means to walk through the Dark Night of the Soul.

I know what it means to grieve the losses that come with identity collapse.

I know what it means to start over later in life.

None of it is easy.

But it is often necessary.

Chapter 7

An Invitation

Ready to Go Deeper?

If you're in this place right now — where your old life has fallen away and you're trying to figure out who you are and what comes next — this is not something you have to navigate alone.

This is the kind of work I do every day.

Not surface-level conversations.

Not quick fixes.

But real, honest, deep inner work that helps you:

- understand what is actually happening in your life
- release the identity that is falling away
- reconnect with yourself in a new and meaningful way
- begin moving forward with clarity instead of confusion

The Breakthrough Session

This is where we begin.

A private 1:1 session where we take everything you're experiencing right now and bring it into focus.

In this session, we will:

- look at what is unraveling in your life
- identify the patterns and identity that are dissolving
- bring clarity to where you are in this process
- guide you through a powerful inner shift (including hypnosis if appropriate)

Most people leave this session feeling:

- clearer
 - lighter
 - more grounded
 - and finally able to see what's actually happening
-

Is This For You?

This session is for you if:

- your life has recently unraveled or changed dramatically
 - you feel lost, disconnected, or unsure of who you are anymore
 - you know you can't go back — but don't yet know how to move forward
 - you're ready to stop spinning and start understanding
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An Important Truth

You are not broken.

You are in a transition.

And transitions like this — while painful — are often the doorway to a completely new way of living.

Begin Here

If this resonates with you, you can schedule a **2 hour Breakthrough Session:**

 [Schedule Your Session Here!](#)