

# Foundations of Self-Connection

How I moved from survival mode to aliveness.

@SARAHSAACOUTO



## Know Your Story

- Who were your ancestors, and what did they overcome?
- You are transforming what they couldn't.
- Your struggles are not yours alone: they're rooted in family patterns and societal forces.
- Knowing your context frees you from false shame.

## Return to Your Body

- Peace of mind begins in the body.
- Sleep in a pitch-dark room and catch the morning sun to support your circadian rhythm.
- Eat nutrient-dense foods.
- Look into supplements.
- Walk, run, stretch, just move.
- Play with temperature: alternate between cold and warm.
- Experiment with sobriety as a way to hear yourself more clearly.

## Listen Within

- Let yourself feel what's true, without resisting or judging it.
- Write your feelings down.
- Uncover your hidden fears and assumptions.
- Feelings are messengers: what are they telling you that you need?

## Open to Connection

- Take off your armor, even if authenticity feels uncomfortable at first.
- Trust that most people will meet you with kindness, not judgment.
- Let yourself be playful, spontaneous, human.
- Connect from a place of autonomy, not dependency or fear.

## Follow Joy

- Joy is the magnetic field of your inner compass.
- Notice when you feel genuine joy.
- Set aside the shoulds and musts, and make space for what brings it alive.
- Create a folder filled with images that spark excitement; some will grow into goals.

## Choose Courage

- What would you do if you weren't afraid?
- What does your *cor* or heart want? Write your needs down, even if they sound unrealistic.
- Begin meeting your needs yourself.
- Commit to respecting your needs and wants.

## Clear Your Space

- Following Marie Kondo's method, release any item that no longer sparks joy.
- Organize your space so that each thing is honored with a place and visibility.
- Your home becomes a physical reflection of your purpose.

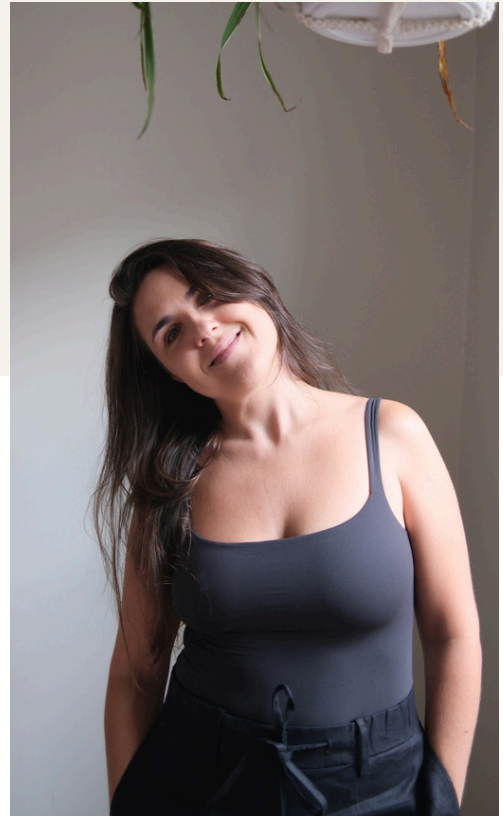
## Return to Peace

- Listen to your pain the way a mother listens to her child.
- Trust your capacity to care for your own needs and desires.
- Don't confuse anxiety with problem-solving. Soothe your nervous system first, plan only when calm.
- Remember: uncertainty isn't danger, it's possibility.

# ABOUT

## The Self-Connection Project

Many of us who were discouraged from expressing our feelings became chronically disconnected from ourselves. Whether we call it codependency or insecure attachment, we never developed the inner compass needed to recognize and meet our own needs.



The Self-Connection Project is a collaborative effort to break old patterns and rediscover vitality. I'm Sarah Sá Couto, a Codependency Recovery Coach, and I offer one-on-one and group support to help you uncover what self-connection looks like for you.

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