



R.I.S.E

4 KEYS TO EMOTIONAL FREEDOM

**RECONNECT WITH YOUR
AUTHENTIC SELF
INCREASE SELF-AWARENESS AND
SELF-LOVE
REPROGRAM YOUR SUBCONSCIOUS
MIND
EMPOWER YOUR EMOTIONS**

By Carine Jeangeorge
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“Change is never painful, only the
resistance to change is painful.”
(Buddha)





Bonjour!

I am Carine, a french mom of 5 grown up children. I moved to USA in 2000 where I lived for almost 2 decades. I was a stay home mom until I finally broke free from my narcissist husband.

I wanted to finally live FREE but not only. I wanted to HEAL, and THRIVE. Therefore, I went back to school to earn a master in clinical mental health counseling while working on myself on different levels using a lot of different techniques.

R.I.S.E is the result of 8 years of education, reflection, and experience on how to emotionally heal and thrive. I hope it will help you the same way it helped many others and myself too who at one point in their life were stuck like you are yourself today.

If you want to take advantage of other free resources to help you reach your goals, I invite you to join my private discussion group on Facebook, where I share with you tips, insights about emotional healing, mind control and trauma recovery.

You can join me in using the following link:





Welcome

I am pleased to share with you today these few pages, in which I present to you the steps to R.I.S.E.

My goal is to help people heal and thrive after experiencing narcissistic abuse, or any other form of emotional distress.

In 2013, when I divorced a violent partner, I started my own journey to recovery. At the time, I had a hard time believing that I would be okay without him. I was constantly doubting myself, my abilities, and my intuition. On top of that, I was experiencing PTSD symptoms even if I knew I was not in danger anymore. I never imagined that by applying what I'm about to share with you, I was going to get such good results.

In a few weeks I noticed a huge transformation.

Today, after having managed to completely reverse my situation, I am happy to be able to help people like you to free themselves from the symptoms of emotional distress while at the same time regaining your power and the faith in yourself.

And that's what I want for you too. Because no one should live and bear past pain along their journey. It is all about RISE.

Thus, it does not matter if you are a beginner or you have already started a process of self-healing, you have right now access to all steps of my method in this document.

Let's do it!



4 Keys to RISE

1

RECONNECT
WITH YOUR
AUTHENTIC
SELF

Discover who you are

Reintegrate parts of yourself

Reunite with your inner-child

2

INCREASE
SELF-
AWARENESS
AND SELF-
LOVE

Learn the three types of boundaries

Become an assertive communicator

Improve your self-esteem

3

REPROGRAM
YOUR
SUBCONSCIOUS
MIND

Transform your negative thoughts

Update neural connections

Step out your comfort zone

4

EMPOWER
YOUR
EMOTIONS

Recognize your emotions

Make peace with your emotions

Regulate your emotions



1st Key:
RECONNECT
WITH YOUR
AUTHENTIC
SELF

Discover who you are

- > Learn what are important for you in life through your values, strenghts and interests.
- > Find out about the myths on happiness to identify what to change to become happier.

Reintegrate parts of yourself

- > Find out who your inner protectors are
- > Befriend by creating a caring reationship with them
- > Acknowledge your inner protectors fears

Reunite with your inner child

- > Meet with your inner child and reparent to have new experiences
- > Free your inner child and unburden him/her from its past
- > Incorporate new learnings to the self



2nd Key:
INCREASE SELF-
AWARENESS AND
SELF-LOVE

Understand the concept of boundaries

- > Learn the difference between porous, rigid and healthy boundaries
- > Identify the different types of personal boundaries and how they express differently depending on settings
- > Create healthier boundaries in alignment with your values

Become an assertive communicator

- > Learn the four types of communication styles
- > Discover what are your prevalent communication style
- > Learn traits of assertiveness
- > Incorporate I- statements

Improve your self-esteem

- > Learn the 4 components of self-esteem
- > Understand how self-esteem develop
- > Adopt the model of healthy self-esteem



3rd Key
REPROGRAM
YOUR
SUBCONSCIOUS
MIND

Transform your negative thoughts

- > Learn what cognitive biases are
- > Identify the ones you use the most and in what settings
- > Use techniques to challenge thoughts and beliefs

Update neural connections

- > Collect positive learnings from past experiences
- > Visualise future events with the new learnings
- > Incorporate new daily affirmations and mantras

Step out your comfort zone

- > Make new experiences, relationships to create new possibilities
- > Incorporate mindfulness practices to connect to the present and see the world from a different perspective
- > Face your fears first using Systematic desensitization



4th Key
EMPOWER
YOUR
EMOTIONS

Recognize your emotions

- > Learn the different emotions and how they manifest in your body
- > Identify situations and patterns to when they are present
- > Understand the correlation between needs and emotions

Make peace with your emotions

- > Express your emotions using mindfulness and Acceptance techniques.
- > Experience your emotions by appreciating and utilising the wisdom emotions brings.
- > Seeing challenging emotions in new ways using metaphors

Regulate your emotions

- > Learn how to fake it until you make it
- > Discover the correlation between thoughts, emotions and behaviors.
- > Integrate new learning to change perceptions



Testimonies

"Carine is a great listener and always finds the right words to help me overcome the difficulties and problems encountered. Her advices on many aspects of my life are very precious to me and allows me to progress day after day. She was able to quickly identify my issues and my personality. And, she managed to quickly establish a good and trusting relationship."

"I want to thank you for your listening and your support, it helps me a lot."

"Thank you for your help, and your kindness, as well as for your human tone in communication."

"Frankly, I want to thank you for all the time you have devoted to me trying to get me back on track, I am really very happy."

"Thank you for everything !"

"Nothing to say, you are amazing!"

"Carine is a wonderful person she does a great job and is also fantastic as a human being."





WHAT TO
DO now
with this
action plan?

You have just discovered the details of the 4 steps of RISE. With it, you are no longer a victim of your past, events, situations, feelings or behaviors but you finally become emotionally FREE.

Through it you will learn to place the focus on your own needs, and recovery. You will become an actor of your present and future. You will be able to change your negative emotions, and thoughts into more positive ones. And by practicing self-care, and reconnecting with your inner child, you will be given to yourself the best protection against potential future toxic relationships. With RISE you finally can change your life by creating a new reality.

The information contained in this document will undoubtedly be enough to provide to some of you with concrete ways of solving the difficulties you encounter in your own journey to recovery and healing.

I also know that others would like to have a more in-depth training and that's why I am currently developing an online course. On top of that, I am also offering one on one sessions in English AND/OR in French for those who need a more personal support.

To follow the evolution of my projects and to obtain other free advice and resources, I invite you to join my private discussion group on Facebook here: And if you are interested in online private session, please message me here:
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Merci!

