

Breakthrough Darkness Program:

### Step 2:

Acknowledging the Pain

Step 1: Creating a Safe Space for Reflection

### Step 2: Naming the Pain

### Step 3: Understanding Emotional Impact

### Step 4: Accepting Without Resistance

### Step 5: Releasing Emotional Attachments

### Step 6: Setting an Intention for Healing

These steps ensure that the pain is acknowledged, understood, and released, making space for the next breakthrough phase.