

Breakthrough Darkness Program:

Discovery Phase – Unmasking the Problem

Step 1: Surface Awareness – Identifying Patterns & Symptoms

### Step 2: Digging Beneath the Surface – Root Cause Analysis

### Step 3: Challenging Limiting Beliefs

### Step 4: Evaluating External Influences

### Step 5: Defining the Core Breakthrough Point

These steps make the Discovery Phase an intentional journey from surface-level awareness to deep understanding and empowerment.