

10 ESSENTIAL QUESTIONS TO CHANGE YOUR LIFE



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Hello!



I'm so glad you're here! I'm a Licensed Professional Counseling specializing in healing trauma and toxic relationship patterns, using tools like EMDR and Parts Work (think IFS). I know life – and especially relationships – these days can feel impossible. But I'm here to tell you from over a decade of experience, that your outer world is always a reflection of your inner world. That's not to discredit the very real social inequities that many face today, but only to give you hope that life can get better and better when you learn how to surround ourselves with the right people and situations. All of our journeys have a different starting point, but we all have the capacity to grow into our dreams!

And here's the great news; the only thing holding you back from your dreams are the core beliefs you carry that don't align with them. Your core beliefs are valid because they've been informed and re-confirmed by your experiences. But they're also biased. You developed those beliefs because of your early childhood experiences, and then your subconscious kept picking for these patterns again and again because they felt familiar and safe.

But what if we could reprogram your core beliefs? What would you attract (and be attracted to) then? Let's find out! Use this guide as your starting point to get very clear about what you **actually** want. And stay connected to get all the tools you need to move towards those beautiful dreams of yours!

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10 Questions to Change Your Life

1. When I'm at the end of my life, what's the one thing I know I want to have experienced - even if I'm too afraid to admit it to myself?

2. What identities or behaviors do I need to let go of to be a match for this desire? (Identities: victim, over-achiever, fixer; Behaviors: scrolling social media, dating people below my standards, not speaking up for myself, substance use)

3. What are the secondary gains I get from maintaining these identities and behaviors? (this one can feel hard to answer, but I want you to think about how this pattern is protecting you. Maintaining a victim mentality is very helpful in keeping you safe from criticism and gaining help from others. Scrolling on social media helps you avoid loneliness. Not speaking up for yourself seems to help you avoid criticism and stay connected to others)



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4. What am I trying to keep in my life that isn't aligned with this goal?

5. Who do I know (or know of) that has what I want?

6. How do the people who have what I want think or behave differently than me? What can I learn from them?

7. How am I holding on to lesser versions of what I want, and therefore blocking the fullest version of what I want? (Maybe you want a soul mate but you won't let yourself be single because you're afraid of being alone)



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8. What did I want from my parents/caregivers or childhood that I'm hoping this dream will fulfill?

9. How can I give that to myself (even in small ways) today?

10. What am I willing and ready to do differently, starting today, to make this dream come to life?



Ready for More?

Check out these other wonderful resources if you're ready to do deeper healing. Your dream life is waiting for you...it's time for you to learn how to let it in. Learn more at www.tatianathompson.com



COURSES

Learn how to stop over-functioning, reconnect with your true self, and attract the love and fulfillment you deserve. These self-paced courses are grounded in real transformation — not fluff, not band-aids.

EVENTS

Connect with other women just like you to release the pressure, reconnect with your softness, power, and the truth of who you are—beyond the roles you've had to play

1:1 THERAPY

Whether you're healing old wounds, letting go of perfectionism, or preparing to call in true partnership, I offer personalized support to guide you back to your worth, your softness, and your power.



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Meet Tatiana



Hello! I'm a Licensed Professional Counselor (LPC) who specializes in healing trauma and breaking toxic relationship cycles. And I'm on a mission to help 1000 women become emotionally and financially independent so they can choose a relationship instead of needing one.

I have two amazing kids, a sweet pup, and a powerful story of healing. After breaking my own generational cycles, and overcoming deep trauma, I built a thriving private practice. Now I specialize in boundary work, subconscious reprogramming, and helping women re-enter the dating world with clarity and confidence.

My 1:1 signature program is a 9-month journey through de-programming, healing, and real-world dating skills. I also offer online courses and live events. Also, be sure to check out my new podcast on Apple and Spotify: **The Re-Sourced Podcast**.
To learn more, go to www.tatianathompson.com.

