



The Catalyst Series • Part 15

The Death of the Old Self

The Concept

Transformation is destructive. To become who you are going to be, you must kill who you used to be.

The "Old Self" served a purpose. It protected you when you were vulnerable. It helped you survive. But now, it is a cage. It is too small for the life you are trying to build.

The Snake Skin

"A snake does not shed its skin because it wants to look pretty. It sheds its skin because if it doesn't, it will suffocate and die."

"Every new beginning comes from some other beginning's end."

Deep Reflection: The Ritual of Release

We need rituals to mark transitions. You cannot just "decide" to change; you must mark the moment.

Who is dying?

Describe the version of you that you are leaving behind. (e.g., "The People Pleaser," "The Victim," "The Perfectionist")

Thank You for Your Service

Don't hate the Old Self. Thank it. It tried to save you. Write a thank you note.

The Burial

How will you mark this end? (Burn a letter? Throw a stone into the lake? Delete the number?)

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