



Identity Recovery

GROUPS

BREAKING THE STRONGHOLDS OF EMOTIONAL FEAR & HIDING

This 16-week small-group journey gives you the space to be seen, heard, and deeply known in a community of women walking the same road. Through expert identity coaching grounded in faith and psychology, you'll move from self-protection and hiding into a life of clarity, courage, and authentic purpose.

The group dynamic is the healing. As you share, listen, and wrestle alongside other brave women, you'll practice the very connection trauma stole from you—and discover who you are apart from the chaos. Your Identity Recovery Workbook (included) keeps the work alive between sessions.

Our Focus

SOUL-LEVEL
BOUNDARIES

SHEDDING
FALSE BELIEFS

RECLAIM
IDENTITY

DISMANTLING
FEAR & SHAME

RESILIENCE

PRICING & SCHEDULE

2-hour virtual weekly sessions for 16 weeks.

Your Identity Recovery Workbook is included.

Investment: \$1,600 for the full program.

Payment plans available — reach out to discuss.

(919) 480-8273 | www.livefound.org



PROGRAM PREVIEW

The First Movement | Coming Home to Yourself

Before anything else can shift, you have to find yourself again. Emotional abuse and spiritual bypassing have hijacked your soul's capacity to process your world and choose your steps. We begin by creating a safe, honest circle where you can name where you actually are — not where you think you should be. From there, we turn the lens inward: away from his behavior and toward your own soul. You'll begin to understand who God made you to be, how fear has quietly scripted your life from the shadows, and what it would mean to let your real self — the one that's been hiding — step back into the light. *Sessions 1-4*

The Second Movement | Breaking Open What's Been Buried

Healing requires ground-breaking before ground-building. In this movement we go into the places most of us have been trained to avoid: the righteous anger we were told to suppress, the grief we never had permission to feel, the ache of being deeply unknown, and the people-pleasing patterns we mistook for devotion. This is not about staying in the pain — it's about letting it teach you. It's about letting Wisdom do it's work in you. Because what's buried keeps running your life whether you look at it or not. Here, you look at who God says that you are. And you find you have something beautiful to bring to the world. *Sessions 5-8*



PROGRAM PREVIEW

The Third Movement | Building on What Remains

With the ground broken, we begin to build. This is where the arc turns — from survival toward something more. You'll redefine forgiveness as a reclamation of your identity, not a gift to the person who broke you. You'll do the tender, necessary work of forgiving yourself. You'll discover what it means to live from your essence as a life-giver rather than from the brokenness around you. And you'll lay the first soul-level boundaries — not rules imposed from the outside, but guardrails rooted in who you actually are. *Sessions 9-12*

The Fourth Movement | Stepping Into the Long Game

The final weeks are about living it — not just knowing it. You'll extend your boundaries outward into real relationships, build the daily habits that make resilience a practice rather than a personality trait, and claim the voice that has been rising all along. We close not with a finish line, but a launch: a woman who knows her worth, trusts her gut, and brings her light into whatever space she walks into next. The world doesn't need a smaller version of you. It needs the one you've been becoming. *Sessions 13-16*

Your Identity Recovery Workbook — included with the program — keeps the work alive and anchored between every session.



PROGRAM PREVIEW

READY TO BEGIN?

This isn't just a workbook—it's a lifeline. Sixteen weeks of guided, faith-rooted identity coaching in a safe circle of women who truly understand. You'll leave knowing who you are, what you're worth, and how to live it—whatever your marriage does or doesn't do. Spots are limited to protect the intimacy of the group.

ADDITIONAL SESSION THEMES

- Co-parenting with a difficult or toxic partner
- Understanding trauma responses in your body
- Rebuilding after separation or divorce
- Dating again — discernment and healthy attachment
- Financial recovery and independence
- Rediscovering joy, play, and creativity
- Silencing the inner critic
- Releasing perfectionism and performance
- Learning to receive care and love well
- Mothering well in the middle of the storm

A photograph of a woman with long, wavy red hair sitting in a field of tall, dry grass. She is wearing a white, textured, long-sleeved top and blue jeans. She is smiling and looking off to the side, with her hand resting on her chin. The background is a soft-focus field of similar grass.

Start your healing journey

Sign up at www.livefound.org/recovery-groups