

The Tunnel Framework®

Your Seven Steps from Survival to Freedom

Created by Victoria Taylor · Sole creator of The Tunnel Framework®

T

Recognition

The moment you stop calling it normal and begin to see it clearly. You cannot walk out of something you cannot name.

U

Naming the Truth

Excavating what silence has buried. This is the step where you stop protecting the story and start telling it to yourself.

N

Breaking the Silence

Speaking out loud what was done to you. To a person. To a professional. In writing. The silence was never yours to keep.

N

Reclaiming Power

Choosing yourself for the first time. Understanding that you have agency, a voice, and the right to occupy space.

E

Healing the Wounds

The body presents the bill. This step is about understanding what survival has cost you physically, emotionally and relationally.

L

Rebuilding Identity

Finding the woman who was building herself in the dark. You are not who the tunnel made you. You are who you choose to become.

L

Liberation BONUS STEP

The tunnel does not disappear. You outgrow it. This is the bonus step — the life that becomes possible when you have done the work.

Ready to go deeper?

Book One: The Tunnel — Seven Steps from Survival to Freedom · victoriataylorsspeaks.com