



Big Sister
SUSIEQ, EQ COACH

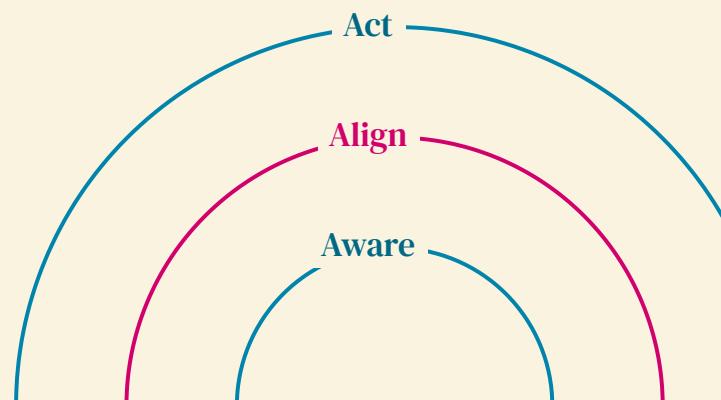
THE PROGRAM

Authentic Self Coaching *Experience*

A twelve-week emotional intelligence program
for breaking the relationship patterns that keep
you stuck.

Aware • Align • Act

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You know better. So why do you keep doing this?

You have done the work. You have read the books, listened to the podcasts, maybe sat with a therapist or a coach before. You understand yourself. And yet with the people who matter most, you keep getting stuck: the same pattern, the same reaction, the same result. Underneath it, a quiet voice asks, "I know better. Why do I keep doing this?"

This experience is for that woman. Successful, self-aware, and quietly stuck in a pattern she cannot seem to change with the people she loves. The partner who

pulls away just when she needs closeness most. The family role she cannot put down. The friendships where she is always the one giving.

Here is what almost no one tells her. Underneath the pattern is usually a single belief, and it is a belief about her worth. Whether she matters. Whether she is enough without performing, pleasing, or proving. So many of the surface habits grow from that one root. This experience helps you find the root, understand why you have been protecting it, and turn that understanding into a different way of living.

You do not have to shrink, perform, or abandon yourself to be loved.

What makes this different

Most personal growth work treats the symptom. It hands you a better script or a new morning routine and never reaches the belief underneath, so the pattern grows back. Therapy can help you understand what happened to you, but it often cannot say the harder thing out loud: what you are getting from staying stuck.

This experience does three things. It goes to the root. It names the quiet payoff that has kept the pattern in place. And it looks at what happens between you and the people you love, not only inside you, because a pattern always has two people in it. It is grounded in established psychology, it is coaching, not therapy, and it is built to end. You will leave with the method.



Goes to the root



Names the quiet payoff



Looks between you and the people you love

One path, one method, one language

Everything moves through one simple path, the Authentic Self Framework.



It starts with your Connection Style

When tension shows up with someone you love, you reach for the same move every time. You keep the peace. You give more. You go quiet. You reach harder. These moves are your Connection Style, and there are eight of them.

You may have met yours already in the free quiz, *Why Are Relationships So Hard?* Inside the program, your style is where we begin, not where we end. We confirm it from your own life, find the backup style you reach for when things get really hard, and look at how your style meets the style of the person across from you.



The Peacekeeper



The Over-Giver



The Withdrawer



The Pursuer



The Flooder



The Critic



The Defender

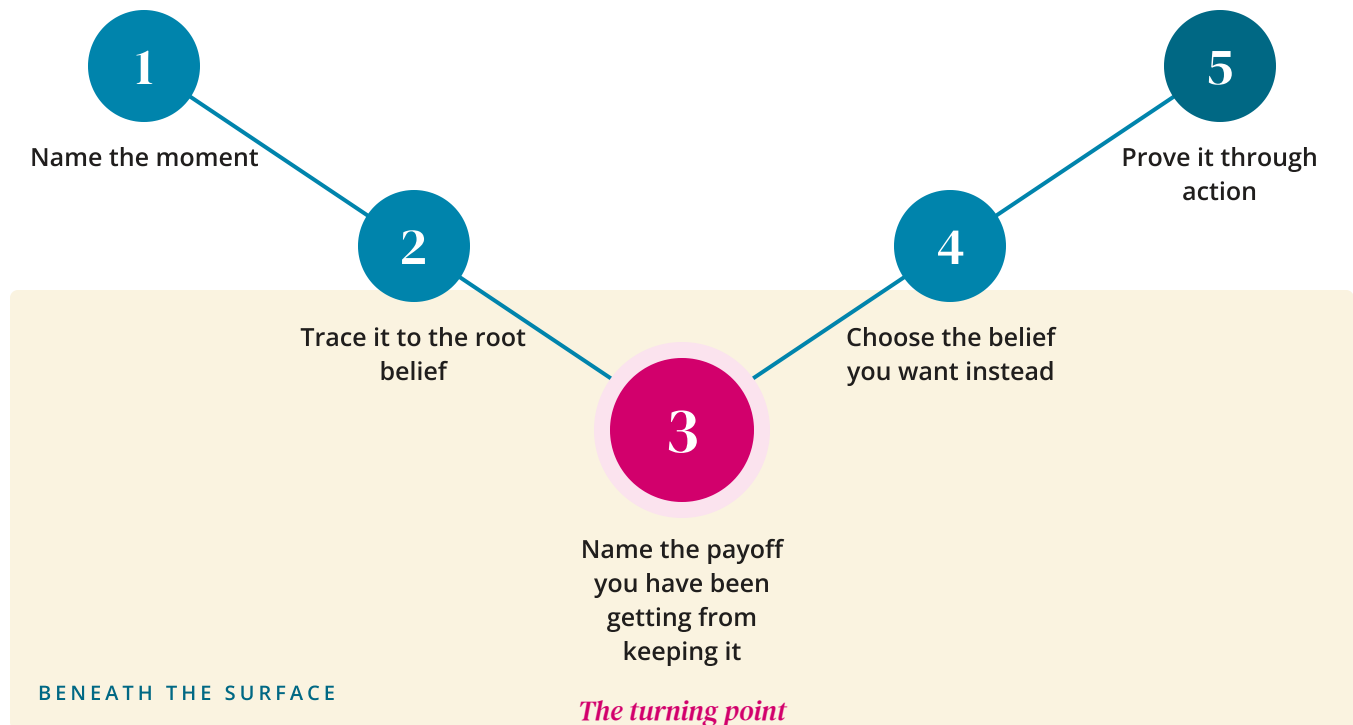


The Scorekeeper

Several of the styles draw on decades of relationship research, including the pursue-withdraw pattern (Fogarty, 1976; Johnson, 2008) and Gottman's work on criticism, defensiveness, and flooding (Gottman & Silver, 2015).

Then we go underneath it

Inside the path, you learn one repeatable method, The Payoff Method. It has five moves: name the moment, trace it to the root belief, name the payoff you have been getting from keeping it, choose the belief you want instead, and prove it through action. The turning point is naming the payoff. It is the thing you could not see on your own, and it is where change finally becomes possible.



Your style isn't who you are. It's how you learned to stay safe.

What each stage gives you



WEEKS 1-4 · AWARE

WEEKS 5-8 · ALIGN

WEEKS 9-12 · ACT

WEEKS ONE TO FOUR

Aware. See yourself clearly.

You slow down enough to understand what is happening beneath the surface: your Connection Style and its backup, your triggers and emotional responses, and the belief you have been living from. You name the moment the pattern shows up, and you trace it down to its root. This is not more information. It is finally seeing yourself clearly.

I understand what has been happening. I can see the pattern instead of simply experiencing it.

THE HINGE

The turn. Name the payoff.

Seeing the pattern was never enough, because part of you has been getting something from keeping it: safety, certainty, control, belonging, or permission not to risk. Your quiz result hinted at it. Here you find your own version, out loud, with care and without shame. You cannot put down a belief that is still paying you.

Oh. That is why I kept doing this.

WEEKS FIVE TO EIGHT

Align. Reconnect with who you are.

Once you see the pattern and the payoff, the question becomes what you want to live from instead. You reconnect with the person underneath the roles, the expectations, and the style you have worn for years: your values, your needs, your worth, and your own quiet self-trust.

I know what matters to me. I know what I want. I trust myself enough to honor it.

WEEKS NINE TO TWELVE

Act. Live from yourself.

You practice living differently with the people you love. You learn what happens between your style and theirs, how to step out of the loop you share, and how to repair when you slip. Honest conversations, boundaries you can hold, and the courageous steps that fit who you now know yourself to be. A belief does not change by insight. It changes by evidence.

I know myself. I trust myself. And I know how to move forward in a way that feels like me.

What changes

- ✓ The ability to see your relationship patterns clearly, instead of living inside them
- ✓ A way to see the loop between you and the person across from you, and to repair it when you slip
- ✓ Honest conversations and boundaries you can hold with the people you love, without needing everyone to agree
- ✓ A clear sense of who you are beyond the roles and expectations
- ✓ The self-trust to make a decision without checking with everyone first
- ✓ Your Connection Style, your backup style, and what each one has been protecting you from
- ✓ Relationships with your partner, family, and friends where you are not the only one holding things up
- ✓ An understanding of the belief that has been driving your choices, and the quiet payoff that kept it in place
- ✓ Clarity on what you want, not just what you think you should want
- ✓ A repeatable method you can run on yourself, so the growth does not leave when the program does

What is included

-  A private one-to-one onboarding session to map your stuck point, review your Connection Style result, and set your goals
-  The Big Sister Circle, a private online community for connection and accountability between calls
-  The Authentic Self workbook, with reflections and exercises for every week
-  A curated resource library of books, podcasts, and practices
-  Twelve weekly sixty-minute one-to-one coaching calls, moving through Aware, Align, and Act. About five to eight hours a month, built to fit a full life
-  Three monthly community calls, one for each stage of the journey
-  An emotional intelligence (EQ) self-assessment and the Connection Styles quiz, at the start and again at the end, so your growth is visible
-  Your authentic next-chapter plan to carry the work forward

NEXT STEP

When you are ready

If you read “I know better, why do I keep doing this” and felt it in your chest, this is for you. Let us find out what has really been keeping you stuck, and bring you home to yourself.



Book a discovery call

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SusieQ, EQ Coach

This is coaching, not therapy; if what you are carrying needs clinical support, I will tell you and help you find it.

SOURCES

Fogarty, T. F. (1976). Marital crisis. In P. J. Guerin (Ed.), *Family therapy: Theory and practice* (pp. 325–334). Gardner Press.

Gottman, J. M., & Silver, N. (2015). *The seven principles for making marriage work* (Rev. ed.). Harmony Books.

Johnson, S. (2008). *Hold me tight: Seven conversations for a lifetime of love*. Little, Brown.