

## **Track 1: Break the Potential Cycle for Good**

*Subconscious Reprogramming for Healing Love at the Root*

# **Track 1: Break the “Potential” Cycle for Good**

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### **Stop falling for the same guy in different bodies.**

This track helps you detach from the emotional blueprint that draws you to chaos, inconsistency, or emotional unavailability. You'll stop repeating the same story and start feeling done — not just mentally, but in your body.

💬 *“I don't know what I saw in him.”*

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## **1. Opening Grounding & Permission**

Take a deep breath...

And let your body know:

It is safe to feel.

It is safe to remember.

It is safe to release.

You are not broken.

You are not too far gone.

You are not hard to love.

You simply learned a version of love that was filled with fear, effort, and survival.

And today... you get to release it.

There is nothing wrong with you.

There is just something old inside of you.

And it's ready to let go.

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## **2. Section 1: The Past Blueprint**

You were taught that love had to be earned.

You were taught that being chosen meant being quiet.

You were taught that connection required you to be good, perfect, helpful, or small.

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You learned to perform to be loved.  
You learned to please to be accepted.  
You learned to abandon yourself just to stay connected.

You thought chaos meant chemistry.  
You thought anxiety meant love.  
You thought distance meant desire.

Your body memorized the ache of being unseen.  
Your mind memorized the hope of being picked.  
Your heart memorized the rhythm of rejection — and called it love.

You bonded through absence.  
You felt safe in inconsistency.  
You found comfort in proving.

But that was never love.  
That was survival.

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### **3. Section 2: Emotional Disconnection from the Old Pattern**

You no longer need love to feel like work.  
You no longer feel drawn to what hurts.  
You no longer chase people who don't choose you first.

You are no longer available for partners you have to rescue, raise, or repair.  
You are no longer attracted to emotional confusion, hot-and-cold energy, or mixed signals.

You are no longer addicted to the struggle.  
You are no longer attached to the fantasy.  
You are no longer loyal to what wounds you.

The old blueprint is crumbling.  
The old ache is softening.  
The old pattern is losing power.

You are emotionally unhooking from the past.  
You are energetically detaching from dysfunction.  
You are choosing peace over potential.

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#### **4. Section 3: New Truth & Secure Love**

You are allowed to want safe love.

You are allowed to want peace, joy, consistency, and effort.

You are allowed to be fully expressed, fully loved, and fully chosen.

You are allowed to feel secure in love — not anxious.

You are allowed to receive without proving.

Love is not something you chase.

Love is something you anchor into.

Love is something that feels like home.

You are the kind of woman who is loved in her truth.

You are the kind of woman who is adored for her honesty.

You are the kind of woman who is chosen for her presence — not her performance.

You attract men who pursue with clarity.

You attract men who love with consistency.

You attract men who protect your heart — not play with it.

You trust your ability to receive healthy love.

You trust that your desires are safe.

You trust that God is healing your heart and rewriting your story.

You no longer confuse anxiety with love.

You no longer crave people who abandon you.

You no longer feel safe in emotional chaos.

You are no longer bonded to pain.

You are no longer addicted to proving your worth.

You are no longer loyal to your old survival strategies.

You do not have to work for love.

You do not have to earn love.

You do not have to suffer to be seen.

You release the pattern of fixing, chasing, and convincing.

You release the belief that you must become what someone wants to be loved.

You release the fear that if you stop performing, you'll be abandoned.

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You are no longer a child trying to earn affection.  
You are no longer a woman shrinking to stay chosen.  
You are no longer repeating what hurt you.

You are emotionally safe now.  
You are spiritually held now.  
You are psychologically free now.

You are worthy of love that stays.  
You are worthy of love that gives.  
You are worthy of love that feels like peace.

You are the kind of woman who inspires consistency.  
You are the kind of woman who is chosen without effort.  
You are the kind of woman whose love is never questioned.

It is safe to ask for more.  
It is safe to be fully seen.  
It is safe to receive without guilt.

You are no longer drawn to what confuses you.  
You are no longer attached to men who don't choose you.  
You are no longer seduced by the unavailable.

You are letting go of the fantasy.  
You are letting go of the ache.  
You are letting go of the fear of being alone.

You do not need to settle.  
You do not need to save anyone.  
You do not need to chase what's meant for you.

You are loved in your truth.  
You are chosen in your clarity.  
You are adored in your honesty.

You feel safest in peace.  
You feel most alive in connection.  
You feel most loved when you are fully yourself.

Your new normal is safety.  
Your new desire is consistency.  
Your new love story is healing and whole.

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#### **5. Closing Integration**

Your subconscious is releasing the pain.

Your heart is releasing the past.

Your body is remembering what safety feels like.

You are no longer the girl who needed to earn love.

You are no longer the woman who accepted less to feel wanted.

You are free.

You are full.

You are home.

You are rewriting the blueprint.

You are healing from the inside out.

You are open, ready, and safe to receive a new kind of love.