

The Cocoon Roadmap

Phase 1: Pre-Collapse (Avoidance & Numbing)

- Hookups, substances, busyness, distractions.
- “I’m fine” denial, running from silence.
- Emptiness always returns.

Phase 2: Collapse (The Cocoon)

- Silence feels like death.
- Nervous system panic: “I can’t survive this.”
- Withdrawal, despair, suicidal thoughts.
- Nightmares / demons = old patterns surfacing.
- This is not the end. This is the **beginning of rebirth**.

Phase 3: Emergence (New Life)

- Fresh baseline of peace.
- Old numbing no longer works.
- Dreams of safety, belonging, and love.
- The soul begins to walk in freedom.

Key Truth: Collapse doesn’t mean forsaken. Collapse means transformation is underway.