

The Cocoon Cheat Sheet: What's Happening to You Right Now

1. You're Not Broken — You're Healing.

This collapse isn't failure. It's your nervous system and your soul beginning to heal from years of self-protection.

2. This Feels Like Death Because It's the End of an Old Self.

Your body may panic. Old habits may surge back. That's normal. It's your system shedding what no longer works.

3. You're Not Alone.

Someone is keeping vigil. Whether that's a partner, a friend, or Spirit itself, you're not abandoned.

4. Nightmares Are Old Wounds Leaving.

Your dreams may get intense. That's your subconscious cleaning house. You're safe.

5. The Man/Woman You Want to Be Is Inside the Silence.

This quiet isn't a void. It's where your true self begins to emerge. Spirit and healing meet you here.

6. Substitutes Won't Work Anymore — That's Progress.

If old comforts feel hollow now, that's proof you're moving forward, not backward.

7. This Phase Is Temporary.

Many avoidants wander for years before entering this process. You're already ahead by stepping in now. Healing takes time, but it leads somewhere.

8. The Key Is Endurance, Not Perfection.

Don't judge yourself by how you feel day to day. Focus on staying present and letting the process unfold.