

Phase 9: Closing – The New Identity

“No tree, it is said, can grow to heaven unless its roots reach down to hell.”

— C.G. Jung

You have done the work. You have descended into the depths, met your shadows, and brought them into the light. You are not the same person who opened this journal.

This final phase is about consolidation—integrating all you have learned into a new, unified identity. An identity that includes your darkness and your light. An identity that is whole.

Consolidate your growth into a unified identity and build a long-term anti-sabotage shield. Step into a life of individuation where you are finally whole, embodied, and free.

In this phase, you will:

- Reflect on how you have changed
- Create an “Anti-Sabotage Shield”
- Write a new story for yourself