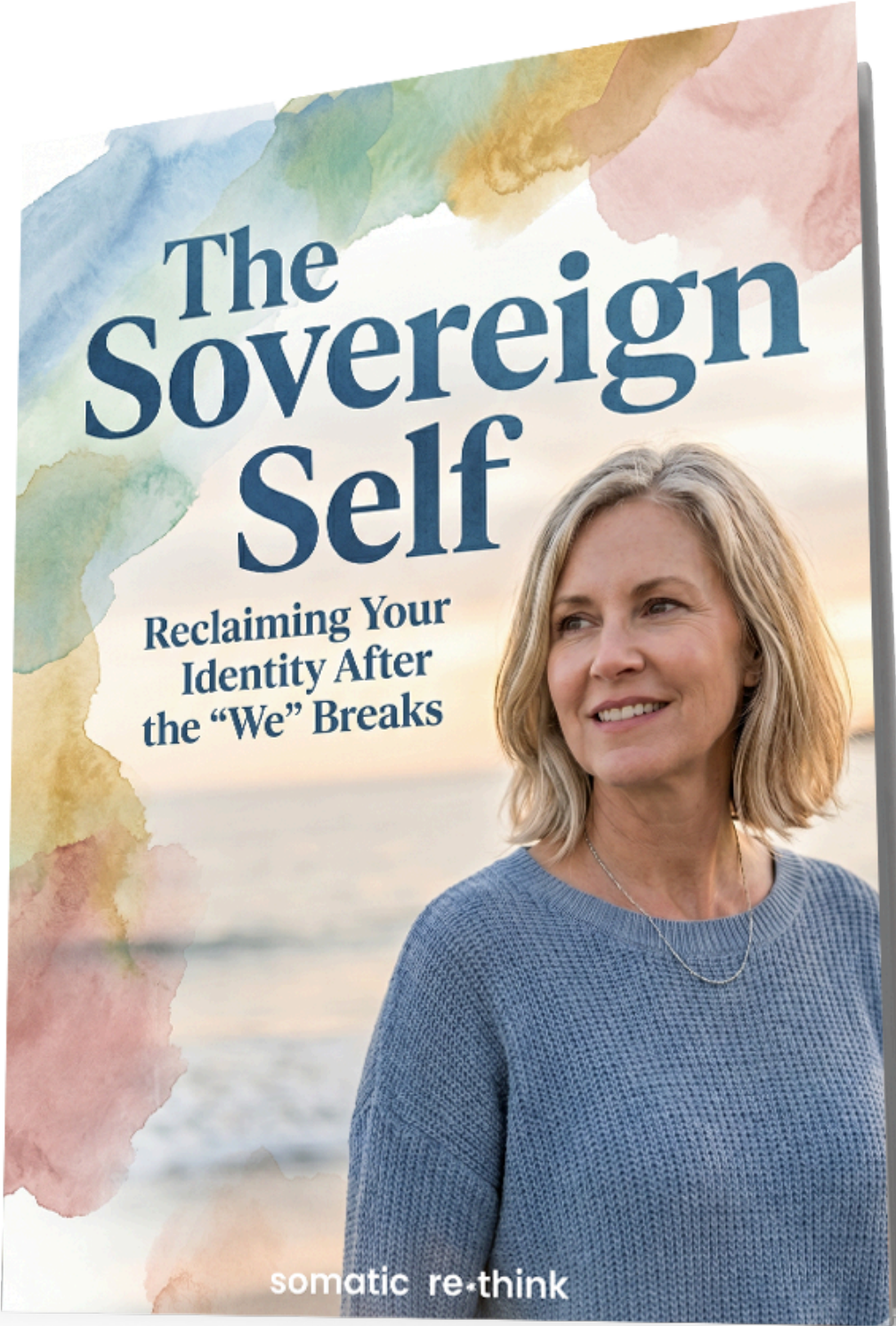




The Sovereign Self

Reclaiming Your
Identity After
the “We” Breaks

somatic re•think

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A Special Note About iKE's Somatic ReThink Tool:

This **Somatic ReThink tool** is for the person who looks in the mirror and doesn't recognize the reflection. If you've spent so much time managing a betrayal that you've forgotten your own hobbies, your own voice, and your own value, you're living in an **Identity Gap**. This workbook is gonna help you step into your **Sovereign Self**—shifting from being a "reaction to them" to being a "creation of your own," so you can stop being a character in their story and start being the lead in yours.

The Identity Gap

When you're in a relationship or a deep partnership, your identity often merges with the other person's. When that bond is severed by betrayal, it doesn't just feel like you lost a person—it feels like you lost a limb. You might find yourself wondering who you even are without the "we."

This is the Identity Gap. It's a hollow feeling that makes you vulnerable because you start looking to the past (or even to the person who hurt you) to tell you who you are. But being "the one who was betrayed" is a circumstance, not a personality.

The ReThink today is about **Sovereignty**. To be sovereign is to be self-governing, independent, and whole within your own borders. You aren't a broken half of a whole; you are a complete ecosystem that is currently undergoing a massive restoration. Today, we're reclaiming your territory.

The Somatic Exercise: The Presence Pillar

When we lose our sense of self, we tend to "lean" emotionally and physically, looking for something to hold us up. This exercise helps you find your own internal support system—your "Presence Pillar."

The Step-by-Step:

1. **Stand with your feet directly under your hips.** Distribute your weight evenly between your heels and the balls of your feet.
2. **Close your eyes and imagine a silver cord** pulling the crown of your head toward the ceiling, lengthening your spine.
3. **Bring your awareness to your midline**—the vertical line from your tailbone to your throat.
4. **Take a breath and imagine it traveling up and down this pillar.** You aren't leaning forward into the future or backward into the past. You are perfectly vertical.
5. **Place your hands on your hips (the "Power Pose").** Feel the sturdiness of your bones.
6. **Say to yourself:** *"I am my own foundation. I am centered in my own strength."*
7. **Stay here for 60 seconds.** Notice how the "need" to lean on a memory or a person starts to fade when you feel the strength of your own spine.

The ReThink: From "Discarded" to "Sovereign"

The Core Concept: You Are the Source, Not the Reflection We often think our value is reflected in how others treat us. If they betray us, we think our "value" has dropped. We have to ReThink this: Your value is inherent. It's like gold—it doesn't matter if it's sitting in a vault or covered in dirt; its value remains the same. You are the source of your own worth.

The ReThink Exercise:

- **The Old Thought:** "I don't know who I am anymore. My life was built around them, and now that they're gone or the trust is broken, I'm just a shell of a person. I am defined by this loss."
- **The New Reality:** "This loss has cleared away the things that weren't actually *me*. I am not a reflection of their choices; I am a sovereign individual with my own desires, tastes, and strengths. I'm not starting over; I'm coming home to myself."

Your Turn: What is one hobby, interest, or belief you "muted" while you were focused on that other person? Describe the physical feeling of "unmuting" it now.

Write your "Sovereign Script"—how will you introduce yourself to the world (and yourself) today?

The Workbook: The Autonomy Audit

Use this space to list the things that belong strictly to *you* and cannot be touched by the betrayal.

1. List three things you love doing that have absolutely nothing to do with the person who betrayed you.

2. What is a "Sovereign Choice" you can make today? (e.g., eating a meal you love, wearing an outfit that makes you feel powerful, or listening to music they didn't like).

3. Write a "Sovereignty Statement" to ground you when you feel "small." (e.g., "I am the captain of my soul," or "My value is independent.")

Final Thought: The Lead Role

Betrayal tries to cast you as a "supporting character" in someone else's messy drama. It wants you to spend your life reacting to what *they* did.

Sovereignty is you taking the lead role back. It's realizing that your life is a massive, beautiful story, and the betrayal was just one plot twist in one chapter—it is not the book. You are the author, the architect, and the hero.

The "we" may have broken, but the "I" is stronger than ever.

We'll Meet You Where You Are.

At [AVAIYA](#), we don't care if you're speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you're walking, we're the bridge to get you over the gap.

When you're driving, we're the premium fuel to keep your engine running.

And when you're finally ready to fly? We're the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays**.

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our [Deep-Dive Free Online Conferences](#) and other supportive materials to keep your tank full.

No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Keep ReThinking,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of [AVAIYA](#) University

