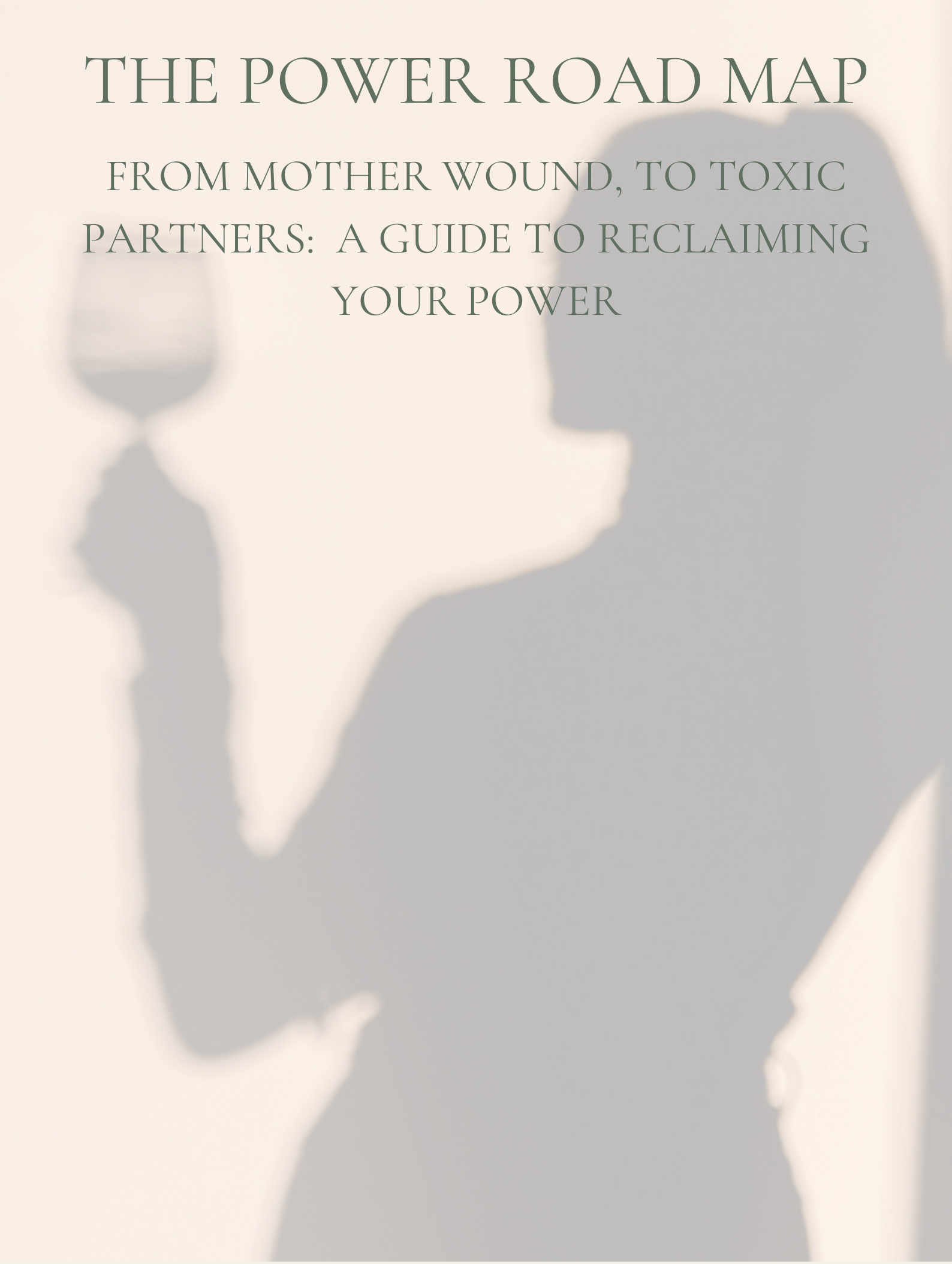
THE POWER ROAD MAP

FROM MOTHER WOUND, TO TOXIC PARTNERS: A GUIDE TO RECLAIMING YOUR POWER



WRITTEN BY LULU JAYNE

Hello, I am

LULU JAYNE



Thank you so much for being here. I want to acknowledge your enormous courage in choosing to download this roadmap. I designed this to support any woman who finds herself navigating an unstable relationship dynamic or trying to heal in the aftermath of one, to remind you that you are not alone.

My story...

I grew up with a volatile mother who suffered with chronic depression as a result of her own childhood experiences. To survive, I became a pro at keeping the peace. I learned to stay quiet and be a good girl, trying to creep around on eggshells to manage the moods of those around me.

This created a pattern that followed me into adulthood like the grim reaper. I was drawn to toxic and unstable relationship dynamics because they felt familiar. For almost ten years, I stayed in a relationship with a partner whose behaviour was a constant Jekyll and Hyde cycle; an emotionally unavailable mouse when sober, but volatile when he'd been drinking.

I found myself performing to keep the peace, while my own power disappeared in a puff of binge drinking smoke, disordered eating and obsessive exercise.

When my father, who was my absolute hero had a health scare, it jolted me into action. I realised that life is too short to spend negotiating for the basic right to be happy. I decided that enough was enough. I started building a different set of muscles; my leaving muscles. I focused on my financial independence, passed my driving test, and got the promotion I deserved. I stopped trying to fix him and started reclaiming myself.

Seven years ago I realised I wanted to help other women who had been through a similar experience. So I embarked on a world class coaching certification with Layla Martin, where I learnt the true art of transformation,. I became a certified VITA coach specialising in Female Empowerment and my mission is to I help other women break their old childhood patterns and reclaim their power.

You aren't to blame for for being where you are Queen; you are simply operating from an old map. I'm here to help you draw a new one.

INTRODUCTION

Breaking the Invisible Loop

Queen, if you downloaded this guide, I'm going to take a guess that you're feeling pretty knackered right now. Not from beating your PB on a 5K run, but from the invisible work of taking on an unpaid job that you don't remember applying for; mood manager in your own life.

Perhaps you have spent months, or even years, navigating a relationship that leaves you constantly second-guessing yourself. On the outside, it's really hard to explain to people because your partner isn't a bad guy 24/7. But throw in a little stress or alcohol, and suddenly you're walking on eggshells.

If you're still in the relationship, you're constantly trying to figure out when your tootsies get to be back on smooth ground. And if you have already left, you're realising that your nervous system is still bracing for a storm that isn't coming anymore.

You stay or you struggle to move on because you tell yourself the good times were the real them. But your body knows the truth. Your shoulders never come down from your ears and the knot in your stomach that you've been blaming on IBS or too much dairy, is proof that your nervous system is operating in survival mode.

The hardest part to admit is that this training didn't start in your adult relationship. It started much earlier. If you grew up with a volatile or emotionally immature mother, your childhood blueprint primed you to believe that love requires hyper-vigilance. You learned that your safety depended on your ability to perform, to please, to smooth things over, and keep the peace.

But guess what Queen...blueprints can be rewritten.

Reclaiming your power isn't about a sudden, dramatic lifestyle overhaul. It is about quietly building your leaving muscles. It's about gaining internal power and practical autonomy, baby step by baby step, choice by choice until your worth is no longer anchored to someone else's hangover.

This workbook is your map to unlearning that old childhood blueprint and finding eggshell free ground. You do not need a perfect dictionary definition of toxicisim or narcissism or to justify wanting a life of peace. You just need to choose yourself.

Let's get to it Queen.

UNDERSTANDING THE MOTHER WOUND

Queens, most of us believe our relationship struggles started when we met our partner. But for many of us, the map was drawn much earlier.

If you grew up with a volatile or emotionally abusive mother, your nervous system was programmed to survive in a specific way. This is often called the Mother Wound, aka mummy issues and it creates the blueprint for how you experience love as an adult.

How this wound might show up for you today:

- The Good Girl: You learned that love and safety were only available when you were perfect, quiet, and agreeable or helpful. Now, you're a grown-ass woman you find yourself having to perform just to feel worthy of a partner's time and energy.

- The Mood Manager: You had to constantly read your mother's moods and adjust yourself accordingly to stay safe. Today, you're doing the same thing in your own home, exhausted from trying to manage your partner's mood or drinking problems.

- Drama is your safe place: Because you grew up with instability, a calm partner who is invested in you can feel boring and strange. You are subconsciously drawn to the intensity of a unstable partner because your nervous system mistakes chaos for passion.

- You're mostly silent: You learned that speaking your truth caused problems or was ignored. Now, you swallow your needs and tiptoe around, believing that your voice isn't relevant and it upsets the peace.

- Self Sabotage: many women impacted by the mother wound are highly intelligent and deeply capable. You learned that you are only valued for what you perform or produce. As an adult, this hyper-performance turns into chronic anxiety, leading you to stay in unfulfilling jobs or default to self-sabotaging habits because your nervous system is too exhausted to expand .

- The Truth: You aren't knowingly choosing toxic men; you are simply following an old map that tells you familiar pain is safer than the unknown.

THE 5 ANCHORS OF PERSONAL POWER

1. Clarity: Stopping the self-doubt and validating your own reality.

2. Trust: Unlearning the childhood blueprint that primed you for toxic and emotionally unavailable partners.

3. Worth: Building your real-world leaving muscles through agency and action.

4. Emotions: Owning your emotional pharmacology instead of managing your partner's.

5. Vision: Grounding your nervous system in a safe, peaceful future.

ANCHOR #1 CLARITY

One of the questions I have been asked so much in my coaching with women is 'How did I end up here?'

Queen, you need to stop blaming yourself. You aren't broken or stupid; you were operating from an old pattern. You walked on eggshells as a kid and now you're walking on eggshells in your relationship. High-conflict and emotionally unavailable partners are often drawn to capable, successful women precisely because of your strength and your capacity to give. This is not about judgement or blame, in fact it's the opposite; it's about self love at it's greatest. Really getting to know who you are and being kind to yourself in the process.

The beginning of these types of relationships often feels like you've hit the jackpot. You were shown a version of a man who seemed to adore you, and you became completely emotionally invested in that persona. But once he started to show his other side; the volatility, the emotional shutdown, or the drunk rages, the brain fog started to creep in like a bad smell. You stayed because you were waiting for the good version to come back into the room. You weren't really fighting for the relationship anymore; you were fighting for the shiny dream that he sold you.

When you've spent years performing for an unavailable or volatile partner, your self-worth takes a battering. You're spending half your time in anxious Annie mode and that voice in your head that keeps telling you aren't enough gets louder by the day. You start to believe that you have to stay because you won't find anything better. That this unstable, shitty version of love is the best you deserve. You keep asking yourself "Did I make a mistake? Should I give it one last shot? What if I end up alone with 50 cats?"

Clarity starts when you remember your own truth, that the voice has told you porky pies and that you deserve the world. You aren't losing your mind; you are just ready to reclaim your truth and a hefty dose of power. When you set boundaries and honour the commitments you make to yourself, you will learn to trust your intution and your inner voice again.

Reality check Queen, You are not in a relationship with the good guy you first met. You are in a relationship with the whole damn cycle. If you have to walk on eggshells to keep the other version of him away, that's not a partnership. Real power starts with seeing the cycle for what it actually is, not what you hope it might become.

CLARITY EXERCISE - RECLAIMING YOUR FEMININE INSTINCTS

The Hyper-Vigilance Check-In

Gaining clarity isn't about blaming yourself Queen.. It is about identifying the exact moments you choose to ignore your own body to keep the peace for someone else.

Because you were primed by a volatile mother to keep the peace, your body automatically treats another person's bad mood as a physical threat and your nervous system learns to track external signals to stay safe. It's hyper-vigilance in full HD colour.

Look at the list of somatic habits below. Whether you are still in the relationship or have already walked away, tick the ones that your body does automatically:

- I track footsteps or the sound of the front door to gauge their mood.
- I aggressively clean, stay quiet, or perform tasks just to keep them calm.
- I question my own memories or feelings because we had some really good moments in the relationship.
- I walk into a room and instantly try to gauge the vibe or mood of the other person.
- My stomach instantly knots up when a heavy silence fills a room.
- I change my tone, walk on eggshells, or stay silent just to avoid causing a stir.
- I avoid any type of confrontation like the plague.

My Small Promise

You cannot think your way out of a survival pattern; you have to consciously choose a new way of interacting with your world. Use this space to document the contrast of your current environment (or the environment you were in) so your mind can stop spinning out.

- When I notice my body going into hyper-vigilance, I will:

(e.g., Pause, press my feet into the floor, and remind myself that someone else's mood is not my responsibility)

_____

_____

- The boundary I am committed to honoring for my own safety and peace is:

(e.g., Trusting my gut the very first time a boundary is crossed, rather than waiting for an explosion)_____

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My Sovereign Truth: I am no longer a child navigating a volatile environment . I am an adult, and I am entirely safe to trust my own eyes, my own body, and my own reality.



ANCHOR #2

TRUSTING YOURSELF - UNLEARNING THE PATTERN

Growing up with a volatile mother, your nervous system learned that moments of stability were fleeting and that the uneasy, chaotic vibe in your home, was perfectly normal. As an adult, you mistake the anxiety of eggshell walking for the spark of chemistry, and because of that Queen, you accept a partner who flips between being timid and toxic.

Rebuilding trust isn't about trusting them to make a change; it's about trusting your own body when it tells you something is wrong. You need to able to live as your true self, the person that you were before the constraints of emotionally abusive parenting and your relationship.

It is utterly liberating trusting and getting to know yourself again and your life becomes so much more fulfilled when you're not pretending or trying to be someone else in order to get by.

- The Unlearning Prompt: Where in my life am I confusing familiar anxiety with love?

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- The Somatic Tool: When a room gets tense, do not jump up to fix it. Press your feet into the floor, breathe in for a count of three and out for a count of three. Say to yourself in your head: "Their mood belongs to them. My peace belongs to me."

- You can regain control or your internal reality right now reminding yourself; "The volatility is the problem, not me. There's nothing wrong with my instincts".

Felt Sense Meditation

Your body will have kept the score from your relationship with your mother, the relationship that you are or were in and any other traumas before that. In the practice below you will get the opportunity to listen to your body speak to you through the felt sense.

The felt sense is the sensations that arise moment to moment within you and that you can feel are alive inside of your body. Learning to use the felt sense is to know what you feel inside and be able to connect with it.

CLICK HERE TO ACCESS YOUR SOMATIC FELT- SENSE AUDIO

ANCHOR #3

SELF WORTH

Building Your Leaving Muscles

Queen, contrary to popular belief, self-worth isn't something that is built by looking in the mirror and saying positive affirmations; it is built through agency and action. Your worth returns when you stop pouring your energy into managing his moods and start pouring it into your own physical and financial autonomy. You build worth step-by-practical-step.

- **The Leaving Muscle Plan:**

My Financial Muscle: What steps am I taking to secure my own money or career growth?

_____

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My Autonomy Muscle: What steps am I taking to gain physical freedom?

_____

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My Daily Grit Muscle: How am I taking care of my physical body and space right now?

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Keep anchoring into the things that bring you joy. Whether you are currently building the strength to walk out the door, or you are already standing on the other side of it, the independent life of peace you are imagining is the reality you deserve to have..

Owning your inner climate

The biggest trap in a high-conflict relationship dynamic is letting the other person dictate the vibe inside your house and your body. If they are angry or hungover, your nervous system spikes to match them. True emotional sovereignty means realising you are allowed to have a completely different climate inside your body than the one in your living room.

- **The Emotional Pharmacology Exercise:**
    - The emotion I am absorbing that isn't mine: _____
    - The high vibe emotion that I want to choose for myself today: _____
    - The sovereign step: go to a separate physical space (even a bathroom or your car), shake out your arms to physically release their stress, and reclaim your own energy. Put a bracelet or a watch on and challenge yourself to choose that high vibe emotion for the next 12 hours. If you notice, you start to slip away or start absorbing the mood in your home, move the braclet or the watch to the other wrist to remind you of the commitment you're making to yourself.

The Takeaway

If we learn how to feel more in control of our emotional pharmacology we begin to become less reliant on external factors. If we tear down the social conditioning that tells us that other people are the ones who are responsible for making us feel happy and good, we stop putting our lives on hold waiting for that to happen.

ANCHOR #5
VISION

Vision - The Five-Senses Future Reality

When you are trapped in a survival pattern, your primal brain is terrified that you won't survive a change, even if that change is for the better. To break out of the loop, you have to show your nervous system that a safe, independent future is not only possible Queen, but entirely survivable.
For so many people, not believing that they can survive achieving their greatest desire is the biggest obstacle to taking action and getting their dreams realised.

When you practice using the five senses reality, which I've included below, you will see that it uses all of your senses and allows all parts of your body to get connected. Scientific studies have shown that your brain does not know the difference between something that is deeply visualised and the real thing. The five senses reality gives the brain a clear message that you can not only achieve your desire but survive it. Before diving into the audio link below, think about what it is that you really want for yourself.

CLICK HERE TO ACCESS YOUR SOMATIC FIVE-SENSES AUDIO

Write your five senses reality answers here:

What do I see?

_____

_____

What do I hear?

_____

_____

What do I touch or feel?

_____

_____

What do I smell?

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_____

What do I taste?

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YOUR INVITATION TO PERSONAL POWER

Queen, I want you to know that I am in absolute admiration of your strength. Taking the steps to look at your childhood patterns and break your relationship blueprints takes immense courage. But please know this: you do not have to walk the path of rebuilding alone. So many women try to carry the entire weight of their transformation by themselves so they don't feel like a burden to friends or family. But true, lasting healing happens in connection.
If you are ready to stop managing the chaos, unlearn the habits of hyper-vigilance, and start building your own real-world leaving muscles, I invite you to take the next steps with me.

How We Can Work Together:

- My 5-day transformational mini-course, *Happiness After Healing*. Your step-by-step somatic safe space to break the cycle of emotionally unavailable or toxic partnerships, let go of your anxiety, and reclaim your power. CLICK HERE TO ACCESS FOR £37

- 1:1 Somatic & Empowerment Coaching: A private, deeply supportive space tailored entirely to your story. Together, we work with your nervous system to release old survival blueprints, rebuild your self-worth through practical agency, and design a life where you are completely the boss of your own future.

Let's Connect:
You can find more details about my coaching programs and community space on my website, or come say hello in my daily world on social media.

- Website: lulujayne.com
- Instagram: @lulujayne.coaching

With all my love,
Lu xx



Real-World Transitions:

"Lu instantly put me at ease. Within a week I noticed a difference, she's helped me reconnect with my inner self and put in great practices that I can continue to use." - Ruth Williams

"Lu really helped me to organise my thoughts, feel more balanced and proactive through the use of breath, meditation and looking into my soul and inner child to regain confidence." - Bridget Tindall