

READY FOR INNER CHANGE CASE STUDY

How The Jourse Helped Jacqueline Denise Ease into Change – and Find Community



"The Jourse has given me the tools to handle life's problems better in general. I get back up faster – and now I'm in a really good place."

— *Jacqueline Denise*

It's funny how life often offers the support we need once we decide to make a change.

That was Jacqueline Denise's experience in November 2018.

After years of avoiding certain things in her life, like determining whether she might be bi-polar, as well as issues with her confidence and self-value, the time had come to find answers – and solutions.

“I had no self-confidence and very little feeling of self-worth,” Jacqueline said. “I was always striving for perfection and based whatever self-confidence I had on how people felt about me or reacted to me. I knew something was going on internally, and I was at the point where I felt ready to start working on myself. I was finally open to exploring what was going on with me, and I wanted to find healthy tools that would allow me to be more successful in my life overall.”

That readiness jump-started her journey to change, with two things happening around the same time.

The first was getting an assessment to see if she did indeed have bi-polar disorder – and the second was registering for The Jourse.

The assessment from her doctor came back negative for bi-polar – but positive for post-traumatic stress disorder from childhood trauma. Armed with some answers about what had been triggering her internal struggles, she became open to exploring how this was playing out in her life – and what she could do to manage it and overcome it.

The Jourse became her framework to start that exploration.

She fully invested herself in The Jourse's five-week program, taking in each session, incorporating the strategies however she could, completing the weekly assignments, and engaging in the Facebook community with other Jourse members.

She quickly noticed changes.

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“I started incorporating a morning routine,” **Jacqueline** said. “I really started to notice a difference in how my day unfolded. Instead of feeling like I was chasing the day, I felt – for the first time ever – like I was in charge of the day.”



Another huge impact was the support and accountability she found through the Facebook community.

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“I put a message out in the group asking for accountability partners to help me stay committed to my morning routine,” **Jacqueline** said. “Since then, there’s been a group of five of us who send each other texts every morning to make sure we’re getting up, as well as sending each other messages of encouragement.”

Jacqueline said the support from the group has been so helpful – and has now extended beyond just accountability into other areas of life as well.

She also noted that many of the concepts covered in the Jourse have made an impact on her, too. For example, the session on spirituality gave her a safe space to explore how she felt about spirituality in general and how open she was to diving deeper into

that side of herself.

The session on physical health made her realize that her body is a machine – not just an ornament – and has spurred her to take better care of herself.

And most notably, the session on relationships has helped her create a more open relationship with her parents.

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“My parents have always been great parents and were always there for me, but lately we’ve been able to have conversations that are more open,” **she** said. “I can tell them about how certain aspects of my childhood really hurt me and what the results of that have been.”

The Jourse’s framework and the strategies Jacqueline incorporated into her life served as crucial tools when a major life shift occurred at the beginning of 2019 – one that came as a shock.

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“In the Jourse, Katie asked us to consider that maybe our problems are there to teach us something,” **Jacqueline** said. “It helped me see my situation in a new way, and while it’s been hard, I’ve had a new perspective – I know I’m not alone and that things will be okay.

“The Jourse has given me the tools to handle life’s problems better in general. I get back up faster – and now I’m in a really good place.”

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