

THE FOUR STAGES OF ALCHEMY FOR THE WOUNDED HEALER

The four stages of alchemy for the wounded healer, **Disillusionment, Confrontation, Integration, and Transformation**, reflect the ongoing cyclical nature of healing. Each stage presents a core challenge and specific skills to help you navigate through the stage. At each stage, you are presented with a choice: to engage with the skills and move towards transformative healing or to avoid and remain within familiar patterns.



Disillusionment

Challenge: Confronting the gap between expectation and reality.

Skills:

- Acknowledge dissonance
- Enhance self-awareness
- Center joy

Benefits of Engagement

- Increased self-awareness
- Capacity to hold dissonance
- Glimpses of joy

Consequences of Avoidance

- Isolation
- Anhedonia
- Emotional numbing

Confrontation

Challenge: Facing discomfort and avoiding patterns of numbing.

Skills:

- Confront avoidance
- Engage in conscious self-reflection.

Benefits of Engagement

- Enhanced distress tolerance
- Increased compassion towards self and others
- Empowered to take action

Consequences of Avoidance

- Unresolved emotional pain
- Emotional reactivity
- Compassion fatigue

Integration

Challenge: Making meaning from painful lived experiences.

Skills:

- Practice conscious narrative
- Emotional integration

Benefits of Engagement

- Cohesive personal narrative
- Deeper connection to self
- Emotional harmony

Consequences of Avoidance

- Fragmented identity
- Blocked creative expression
- Emotional exhaustion

Transformation

Challenge: Taking action towards aligning inner healing with outer purpose

Skills:

- Discover purpose
- Embrace the journey
- Center joy

Benefits of Engagement

- Rediscovering your purpose
- Enhanced joy
- Increased sense of agency

Consequences of Avoidance

- Feeling stagnated or stuck
- Reliant on external validation
- Existential uncertainty