

Why Bariatric Surgery Didn't Fix Your Mind (And What Actually Will)

A Shadow Work Studios Guide to Lasting Transformation After Surgery

🌟 Welcome

You didn't choose the easy path. You chose **transformation**. And yet... here you are. Still feeling the pull of old habits. Still hearing the same thoughts. Still wondering why it feels harder than it "should." Let's bring this into the light—gently, honestly, without shame. Because at Shadow Work Studios, we don't just focus on what's visible. We work with what's hidden.

Feeling lost on your journey? You're not alone.

● The Truth No One Prepared You For

Surgery changes your body. But your mind? Your emotional patterns? Your identity? They remain... quietly shaping your behaviors from beneath the surface. And this is where most people feel lost. Not because they're failing. But because no one showed them how to meet themselves on a deeper level.

Surgery is only part of the story.

● The Hidden Patterns Beneath the Surface

What you're experiencing isn't lack of discipline. It's **conditioning**. Patterns that were created to protect you, soothe you, and help you cope. Food was never just food. It was:

- Comfort when things felt overwhelming
- Control when life felt chaotic
- Relief when emotions felt too heavy

Surgery may quiet the behavior... But it doesn't heal the root. And unhealed patterns don't disappear. They resurface.

● Why This Matters More Than You Think

Without inner work, many people find themselves:

- Grazing instead of eating with intention
- Turning to "safe" foods for emotional relief
- Feeling disconnected from their body
- Slowly drifting back into old cycles

Not because they don't care. But because their inner world was never rewired.

Are old habits creeping back in? There's a reason.

♥ The Shadow Work Shift

This is where everything changes. Shadow work is about gently turning toward the parts of yourself you've learned to avoid. The thoughts. The emotions. The beliefs. Not to judge them. But to understand them. Because when you bring awareness to what's been running unconsciously... You take your power back.

The 4 Pillars of Lasting Change

1. **Awareness:** Seeing What's Been Hidden
2. **Emotional Safety** Without Food
3. **Identity Reclamation**
4. **Compassionate Consistency**

● A Gentle Reset Practice

The next time you feel the urge to eat outside of hunger...

Pause.

Place your hand over your heart.

Take a breath.

Then ask:

- What am I feeling right now?
- What part of me needs attention?
- What would support me in this moment?

Choose one small, supportive action. Not perfect. Just intentional.

🌞 This Is the Work That Lasts

Sustainable change doesn't come from control. It comes from **connection**. The clients who maintain their results long-term are the ones who:

- Understand their inner world
- Respond instead of react
- Build trust with themselves

They don't fight who they are. They integrate it.

✨ Your Invitation

If something in you feels seen right now... That's not chance. That's awareness beginning. And you don't have to navigate this alone.

🌙 Work With Me

Inside my coaching, we go deeper. Together, we:

- Explore your emotional patterns
- Gently uncover what's beneath your habits
- Rebuild your relationship with yourself
- Create a grounded, sustainable lifestyle

This is not surface-level change. This is transformation from within.

🌟 **Your Next Step**

🌟 **Book your FREE 40-minute consultation**

This is a safe, supportive space where we will:

- Explore what's currently coming up for you
- Identify the patterns keeping you stuck
- Map out your next aligned step

No pressure. Just clarity and connection.

● **Final Reflection**

Surgery opened the door. Now it's time to walk the path inward. Because the life you're creating? It's not built by force. It's built by understanding, compassion... And the courage to meet yourself fully.