



LOYALTY PROGRAMS THAT KEEP YOU STUCK

*A guide to the subconscious contracts
you didn't know you were keeping.*

by Florentina Gionea



Hi, I am Florentina Gionea, your spiritual guide

Spiritual Life Coach,
Atuhor and Speaker

"My mission is to create
spiritual awakening globally!"



Florentina has over 15,000 hours of spiritual practice. She can see energy, read, and alchemize energy! Her readings are super accurate and precise! She channeled The Blissful Leader Matrix, the new way to create a balanced life as you build your legacy!



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LOYALTY TO PARENTS (FAMILY LINEAGE)

1. I can't be more successful than my parents.
2. If I earn more than my dad, I betray him.
3. If I outgrow my mom, she will feel abandoned.
4. If I heal, I leave my family behind.
5. My parents struggled, so I must struggle too.
6. They survived without help, so I must do the same.
7. I can't be happier than my parents' marriage.
8. I can't move away or I'm not a good daughter/son.
9. My parents sacrificed everything, so I must stay small to honor them.
10. If I shine, they will feel insecure – so I dim myself.



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LOYALTY TO PAST IDENTITIES

They keep you reliving the old cycles you learned to survive.

1. Loyalty to the “broken version” of you.
2. Loyalty to the girl who survived trauma.
3. Loyalty to the version who believed life was hard.
4. Loyalty to your past story (“I grew up poor, so I stay humble”).
5. Loyalty to your comfort zone—familiar pain.
6. Loyalty to the version of you who didn’t know abundance was possible.

Loyalty to Spiritual Teachers

There are loyalty programs that block your next level with former mentors, teachers, or spiritual guides.

1. “I can’t surpass my mentor—they guided me.”
2. “If I grow bigger, I betray the lineage.”
3. “If I teach my own method, I disrespect my teacher.”
4. “If I evolve, they’ll think I’m ungrateful.”
5. “I must stay loyal to their beliefs, even if I’ve outgrown them.”
6. “Their approval matters more than my calling.”
7. “I can’t charge more than them.”
8. “I can’t leave their community.”
9. “They awakened me—so I must stay under them.”
10. “They were my guide, so I can’t rise higher.”

Loyalty to Home Country / Culture



1. If I leave, I abandon my roots.
2. If I succeed abroad, people back home will judge me.
3. My family needs me close.
4. I can't start a new life somewhere else—it's disrespectful.
5. I must keep the same lifestyle I had at home.
6. I can't earn more than people in my town.
7. I feel guilty for wanting more than my community had.
8. My identity is tied to where I was born.
9. If I expand abroad, I lose my identity.
10. Leaving means I'm selfish.

Loyalty to Trauma / Pain

1. Pain made me strong — so I can't let it go.
2. If I heal, who am I without suffering?
3. My trauma story gives me purpose.
4. If I get better, my relationships will change.
5. I stay where I'm hurt because it's familiar.
6. If I heal, I lose my excuses.
7. Pain is my normal.
8. Healing feels unsafe because happiness is unknown.
9. My identity is the girl who survived — not the woman who thrives.
10. Being unhealed keeps me connected to my past.

LOYALTY TO RELATIONSHIPS



If you find yourself disrespecting yourself to stay with someone who is clearly misaligned, you may be operating from fear of rejection, heartbreak, or reality shift

May indicate tiou may indicate:

- Ignoring or rationalizing red flags
- Clinging to toxic cycles 'til it feels numb
- Doubting your worth without them

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LOYALTY TO SCARCITY & STRUGGLE

Loyalty to scarcity & struggle often appears as an unconscious allegiance to the belief that you have to earn everything through constant sacrifice.

Breaking it: Notice where you feel weary, overburdened, or stuck on a hamster wheel of efforting. What are you proving through your loyalty to struggle? Identify ways to shift toward more expansion and freedom instead of less.



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LOYALTY TO THE WOUNDED SELF (INNER CHILD)

1. Staying unseen feels safer
 2. Chaos feels familiar
 3. Being the “good girl”
 4. Not asking for more
 5. Perfectionism as protection
 6. Over-giving to feel worthy
 7. Avoiding intimacy to avoid hurt
 8. Loyalty to being the strong one
 - You don’t allow yourself to rest, be vulnerable, or receive support because the wounded child learned “nobody helps me.”
 9. Loyalty to emotional self-protection
 - You push people away, stay distant, overthink, or shut down because a chill-version of you felt unsafe expressing emotions.
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HOW TO BREAK THE CONTRACTS



With awareness and intention, you can free yourself from subconscious loyalty by following these steps:

1. ACKNOWLEDGE *first.*

Notice where a loyalty program shows up in your life and which category it belongs to. Honor the pattern without shame and recognize that it served you then but it does not serve you now.

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Break the Loyalty Pattern. Align with Your True Objectives

Ready to stop repeating old emotional programs and finally move into **ease, clarity, and aligned creation?**

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**Manifesting your Objectives with ease and Flow
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