

Finding Hope in the Shadows with Junie Moon

October 30, 2024 | by Admin

Do you wish your love life had that little something extra, but find yourself avoiding true connection like vampires sidestep garlic? Or does your dating profile showcase a version of you only Dr. Frankenstein would believe was real?

If you keep going on dates but secretly believe the dating pool is a dystopian wasteland, host **Pat Barbarito** and featured guest love coach **Junie Moon** want you to know that hope, happiness, and life-altering fulfillment can be found in the shadows – if you're ready to face the unconscious truths lurking within your heart and soul.

This high-energy, compelling episode explores the transformative practice of shadow work and its profoundly positive impact on navigating midlife relationships.

Through illuminating insights and personal anecdotes, Pat and Junie explain how past experiences shape current choices in love, the importance of authentic self-expression in cultivating healthy connections, the danger of listening to that well-intentioned inner voice, and so much more.

Conversation highlights include:

- 1. Understanding Shadow Work.** An exploration of shadow work as a vital process for uncovering unconscious beliefs and behaviors that hinder personal growth and relationship success. Learn how unexamined fears and experiences can create blind spots that affect dating and relationship dynamics.
- 2. The Role of the 'Risk Manager'.** Insight into the internal part of ourselves that protects us from perceived dangers, often leading to people-pleasing behaviors and avoidance of self-care. Discover how our internal self can even weaponize shame in an effort to keep us safe.
- 3. Shifting Perspective on Past Pain.** Understanding the impact of previous relationships and family dynamics on current love lives, as well as the inherent danger of not fully healing

those childhood traumas. Explore the concept that we often attract partners who reflect our unhealed wounds, reinforcing the need for personal healing to break this cycle.

4. **Midlife Empowerment.** Embracing the fact that self-respect can be reclaimed, and love lives can be actively shaped with the benefit of life experience, leading to even better relationships. Includes a thought-provoking discussion on whether hitting rock bottom is necessary for personal growth, with insights into how many women can make positive changes without extreme circumstances
5. **The Value of Community.** How becoming your most authentic self can lead to more genuine relationships that enrich your life and expand your possibilities. Appreciate that navigating the journey alone is not the bleak prospect it once was, and mentors, coaches, and other supportive communities are all within your reach.

BONUS: Do you know your love avatar? Junie's two-minute [Discover Your Love Avatar](#) quiz reveals your level of relationship readiness, identifies your Love Superpower, and recommends next steps to consider as you rewrite your own love story!



Co-managing partner and divorce lawyer [Pat Barbarito](#)

thought she knew all about complex relationships and the laws that govern them – until her own marriage of 17 years ended and she determined to get to the heart of love, marriage, and human connection. Her journey spanned the entire scope of relationships – from the science of attraction to the financial impact of separation, to old myths that society still touts as true to new laws that outline how

to navigate both uniting and uncoupling.

Heartbreak & Hope with Pat Barbarito offers insights, anecdotes, and guidance from a variety of experts and includes her own perspective on how best to thrive through any stage of relationship building.

