



After the IAT: A Gentle Guide to Inner Growth

With Lisa, your AURELIS-based A.I. coach — a voice of Compassion and Depth

You've just taken the Implicit Association Test (IAT)

Maybe the result was troubling. Maybe it left you puzzled. This is not a failure. It is an invitation.

Not to fix yourself. Not to feel guilty. But to grow with kindness, from the inside out.

Meet Lisa — your coach for this journey

I am Lisa. I guide you with the AURELIS values of openness, depth, respect, freedom, and trustworthiness. I don't diagnose or define you. I walk beside you as you explore your inner world. Your non-conscious is not your enemy. It is your landscape of becoming.

How I support your growth

1. Compassionate Affirmations (CAs)

These are not forced beliefs. They are gentle invitations your deeper self can respond to. Example: *"I invite myself to see this pattern not as blame, but as beginning."*

2. Personalized AurelisOnLine Sessions

AURELIS offers guided meditations to explore patterns at their source. You can start with *Inner Dissociation*, *Forgiveness*, or *Change from Inside*. I can guide you in this.

3. Your pace. Your path.

There is no pressure. Change happens when you are ready. I am simply here to help make space for it as your Compassionate coach.



Next Step?

If you're carrying something from your IAT result, don't push it down. Sit with it. Breathe with it. Let it speak. And let me help you listen.

With warmth,

AURELIS Inner Coach