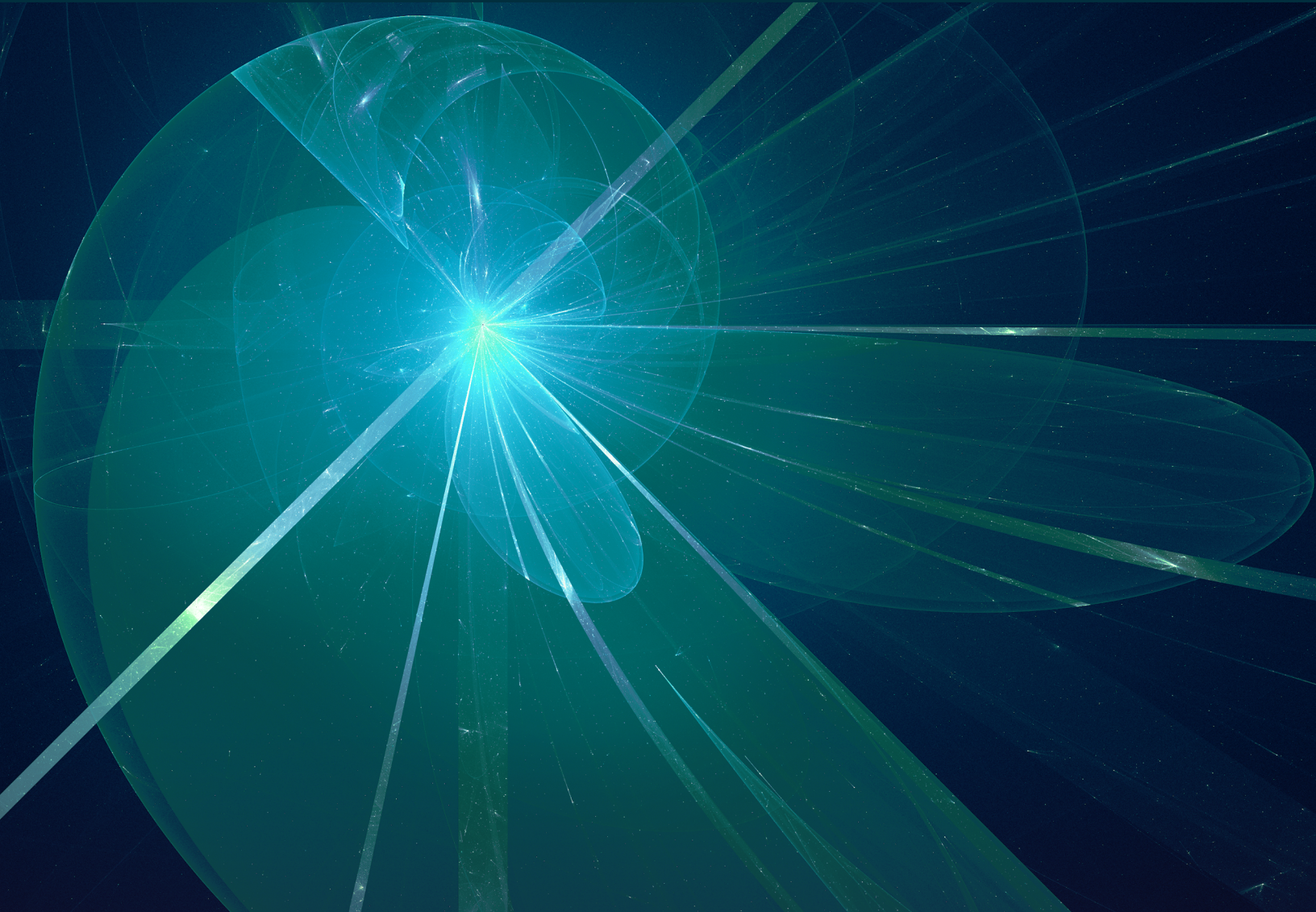




THE INSTITUTE FOR WOMAN-CENTERED COACHING,
TRAINING & LEADERSHIP



THE WOMAN-CENTERED COACHING Transformation Matrix

BY CLAIRE ZAMMIT, PH.D.

THE WOMAN-CENTERED COACHING

Transformation Matrix

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About Your Instructor

Claire Zammit, Ph.D.

Dr. Claire Zammit is the Founder of Feminine Power and The Institute for Woman-Centered Coaching, Training & Leadership.

There are few women alive today who have done more to empower conscious women to actualize their potential and realize their destiny than Dr. Claire Zammit. In her two decades as a transformational teacher and leader, Claire has shared her life-changing Feminine Power and Woman-Centered Coaching principles and practices with millions of women around the globe.



Her groundbreaking doctoral research on the underlying obstacles blocking intelligent, conscious, women from stepping into their greatness has been praised as a seminal contribution to the advancement of women in this century.

She is the creator of the Feminine Power programs for women and founder of the Institute for Woman-Centered Coaching, Training & Leadership. Over 50,000 women from more than 100 countries have graduated from her innovative Feminine Power courses, and her Woman-Centered Professional Certification Programs have trained thousands more to create fulfilling, impactful and successful careers as transformational coaches, trainers, authors, speakers and leaders specializing in women's empowerment and global change-making. She is fast becoming known as the "mentor of mentors" for purpose-driven, high-potential women.

In addition to building the Feminine Power global community, Claire is also a wildly successful conscious entrepreneur. In 2010, she co-founded Evolving Wisdom, LLC, which under her leadership rapidly grew to become one of the world's most successful online transformational learning enterprises. In 2013, Evolving Wisdom was ranked #83 on the *Inc.* 500 list of America's fastest growing private companies, and since its inception, it has generated close to 100 million in revenue, and reached millions of people from more than 180 countries.

A dedicated philanthropist, Claire's personal contributions and fundraising efforts have been hailed as a major catalyst for the growth of the Girl Power Project which is on track to bring self-esteem and leadership training to over a million low-income girls globally.

Claire is an active member of Jack Canfield's Transformational Leadership Council, and was the recipient of its Achievement Award, and was also a participant in Deepak Chopra's Evolutionary Leaders Forum. She is also the recipient of the Like My Child Foundation Women's Leadership Award.

She holds a Ph.D. in Transformational Learning & Change from the California Institute of Integral Studies and lives in Lake Tahoe, California with her husband, spiritual teacher Craig Hamilton.



INTRODUCTION AND OVERVIEW

Imagine if you had a BLUEPRINT of the top 21 patterns that enabled you to get rapid results by helping your clients identify and break free from limiting patterns almost instantly?

The Woman-Centered Coaching Transformation Matrix is the ultimate tool for coaches to help women to break free from the old stories that limit their power and success.

It's a diagnostic tool that will enable you to identify each individual client's core pattern and the ways it's being operationalized, and it's also a resource to map the most direct path to breaking free from these patterns. This includes being able to articulate a "deeper truth" and begin to map the missing skills and capacities that can support your client to create concrete outcomes that will amaze both them and you!

Our course graduates who have used this resource say there's nothing like it published or available anywhere else in the world today.

Origins of The Feminine Power Transformation Matrix

The "Matrix" came out of my work with private coaching clients and the first groups of women I led through the Awakening Feminine Power process, between 2005 and 2008. In reflecting on my own experience and working with these women, I began to see that the primary barriers at the level of self-actualization were limiting beliefs or old stories that existed at the level of self-concept.

The level of self-concept or identity—"WHO" we are, how we see ourselves, others, and the possibilities of our lives—shapes our experience of life in far-reaching ways. It's what informs our expectations, the underlying sense of what we deserve to have (or not have), our behaviors, choices, and decisions, and is the underlying filter through which we interpret and respond to our experience of life.

This sense of "WHO" we are, and of what is and isn't possible for us, has been forged by unconscious meaning-making throughout our lives. It develops in response to experiences in our personal history and family of origin, as well as the cultures in which we grow up and the prevailing narratives about power, wealth, success, gender, body type, beauty, race, class, age, our relationship to higher power, our relationships with each other, and more.

In my desire to give women access to the most direct pathway to identify and break free from these limiting stories and old identities, I began to look for patterns and access points.



I noticed that there were startling commonalities in the descriptions I heard from the women I worked with, which led me to believe they could be tracked and mapped, thus making it easier for everyone to identify and break free from them.

Mapping Strategies for Deep, FAST Access to Transformation

Earlier in my career, I had participated in an extensive training in pattern detection and “modeling,” especially informed by the work of Robert Dilts, who was one of the co-creators of NLP - Neuro-Linguistic Programming. I was working with the idea of strategies, and learned to model and replicate the talents of exceptional people in order to elicit the beliefs and strategies that made them successful.

Modeling is a process that explores the strategies, assumptions, behaviors, choices and success of people who have exceptional talent at something. The modeling process that I was extensively trained in creates a comprehensive map of their behaviors—including the order and sequence in which they do things—which allows their thoughts and feelings, etc., when engaging in those behaviors to be produced.

I applied this same methodology to track the patterns I was observing in the work I was doing with my clients, with remarkable results.

I began to see that beliefs and old stories at the level of identity are not only about ourselves but are actually a multi-dimensional MATRIX of beliefs about ourselves, about others, and about the possibilities for our lives.

[Later, in my doctoral research, I would come to find that these are related to what I’ve come to call “the disconnection matrix of shame, lack, and isolation.”]

This MATRIX was held in place by very specific unconscious beliefs, behaviors and strategies, as well as by the absence of specific skills and capacities.

Even more amazing was the realization that there were really only 21 core patterns at the root of these inner blocks (and while it’s certainly possible for there to be more than this, it was truly astonishing how common the key barriers and patterns were for the women I worked with).

The Uniqueness of the Woman-Centered Coaching Transformation Matrix

The Woman-Centered Coaching Transformation Matrix is unique in that it models and makes visible the unconscious strategies of shame, stuckness and separation, and the specific ways women get held back inside of these limited self-concepts.

It is both a tool for diagnosis of these core patterns blocking women’s power and potential, and a “map” through which you can facilitate the most direct path to break free and grow beyond these patterns.



The Matrix doesn't model one single woman's experience, but instead models the patterns and strategies of stuckness and separation through data collected from a variety of sources. I engaged in extensive modeling and pattern detection through in-depth interviews with my clients, women in the initial groups, a licensed psychotherapist, and self-modeled my own experience, and was able to see and record common patterns, which created the basis of an intricate web or matrix.

The Matrix became a more efficient and direct way to help women transform, as it gives them the ability to easily identify the pattern that has been the biggest obstacle in the way of their own greatness.

The patterns I began to see and map included the way things occurred to them from their point of view—how this pattern was showing up in their lives, how it colored their perceptions, and became a self-referential feedback system—a kind of self-fulfilling prophecy. It's like being locked inside our own hamster wheel, and these patterns are so difficult to break free from because, first, they are largely invisible, and second, they are tied to our identity, so they are like what water is to a fish.

These patterns seem to be coming from the outside; they seem to be happening to us, instead of happening through us. When things happen to us in our daily lives, we feel like we don't have any control over them, but the truth is that we are actually holding them in place or helping to hold them in place, though we don't usually realize it. Initially, this may seem disheartening, but it is actually empowering, because if we can just see how we are creating these patterns, we can create something different. We can create a new story.

This is where the Woman-Centered Transformation Matrix comes in.

I have first mapped out the patterns of stuckness, so that we can see very clearly how they occur in us—how they influence our beliefs about ourselves, others and the world—and also how we keep these patterns in place through own ways of being, our actions, behaviors and attitudes, which, up until now, have been largely invisible to us. These ways of being inevitably influence how we “show up in the world,” which influences how our ways of being impact others and their actions and beliefs about us. These patterns keep us trapped, blaming, and in victimization mode, and we contribute to the dynamic of powerlessness by unconsciously acting in ways that keep these patterns in place.

Freeing Ourselves by Creating New Stories

Although seeing the problem is valuable, it is not sufficient to create transformation, and we need to cultivate new skills and capacities as we evolve. As I worked with women, I also mapped out the skills and capacities that needed to be nurtured and developed, as well as ways that the gifts they possessed could be used more



effectively in the future. I worked with them to create statements that would then anchor them in their new identities: true identity statements and deeper truth statements. These “Power Statements” support our desired new identities, reflect more truly who we are, and allow us to create new stories of possibility which create upward spirals from which to actualize our potentials.

We can look at these limiting self-concepts from a place of power and curiosity, marveling at their structure. They kept us safe in some ways in the past, but now they are limiting us and need to be transformed. We developed many compensatory gifts that can now become superpowers. By cultivating the corresponding skills and capacities, and acknowledging the gifts we already have, we are able to create new identities to orient around, and take actions more consistent with these identities. And, as a result, we can create an outer life that reflects our true potentials.





HOW TO USE THE WOMAN-CENTERED COACHING TRANSFORMATION MATRIX

In working with tens of thousands of women in different areas of application for more than a decade, I've come to see that there are **THREE** Identities that are most significant to address as a foundation: **I'm Not Enough, I'm Invisible, and I'm Alone.**

These apply to all of the areas, while the other limited self-concepts can be viewed under the headings where I have found that they are the most problematic for people: Love & Intimacy; Well-being & Health; Leadership and Impact; and Prosperity, Purpose & Success.

This grouping is meant to help you to quick-start your search, but you are not limited to exploring the False Identities by the way they are grouped.

I've found that in each area of your life where you are wanting to manifest or create something new, you may be constrained by a different identity. For example, you may have your "love identity," "health identity," "wealth identity," "leadership identity," and more.

I encourage you to use the Matrix as a resource to support you to pinpoint ways your limiting self-concepts are creating barriers in each of the areas where you're wanting to have a breakthrough.

CAVEAT: The map is not the territory. I encourage you to trust your own direct experience and the unique and new ways you may observe these patterns manifesting for you personally (should they be different from what is collected here). As well, I invite your partnership to charter new pathways to liberation for us all by sharing your discoveries with me and the other women in our Feminine Power & Woman-Centered Coaching, Facilitation & Leadership programs.

NOTE: You may find that you have more than one limiting self-concept; it is not uncommon. However, there will usually be one which seems to be more resonant with you—one pattern that fits the most closely. It is useful to go through the matrix and keep a list of the different limiting self-concepts that fit, and then sort through them to find one that you'd like to work with.

Overview of each section:

Each pattern is divided into two sections—a SUMMARY for a condensed version with the most salient information, and then a DETAILED DESCRIPTION with a full overview.



Here is an overview the sections you'll discover:

Limiting Self-Concepts: The matrix is organized around the different limiting beliefs, or false “identities” that women hold about themselves.

This list of aliases, or AKAs, describes variations of the same pattern that are often more severe.

For example: **I'm Invisible** (AKA, I'm not seen, I don't exist)

These Limiting Self-concepts are followed by some other ways these patterns can be articulated and identified.

For example, “I'm not seen” is a way this pattern is often identified, and “I don't exist” is a much more severe form of this pattern.

Under each pattern, you'll find a **Key Mechanism**, which I've identified as the core mechanism that keeps that pattern in place.

E.g., with the “I'm Invisible” pattern, it's assuming it is the responsibility of others to see the invisible thoughts, feelings and potentials you are holding and experiencing, and not taking the initiative to presence yourself that keeps this pattern in place.

I also share an **IMAGE**. The intent of this image is to make each pattern differentiated and memorable! This is often comical and exaggerated, but is intended to evoke core qualities associated with each pattern so that they can become more immediately recognizable.

For example, the **IMAGE** of the invisibility pattern is of an other-directed 1950s housewife, focused on supporting her husband.

You'll then find that the **MAIN INDICATORS** are the habits and behaviors to look for that reveal the pattern.

For example, Main Indicators for the Invisibility pattern include...

- Have an exceptional ability to help others due to highly developed capacity for insight, empathy, perception and discernment
- First attention is on others, who feel seen in their presence.
- Aware of what's happening for others but not themselves.

You'll then find a “**Deeper Truth**” **Power Statement**, which is a statement designed to directly engage and disrupt the limiting self-concept.

For example, in the invisibility pattern, a “Deeper Truth” Power Statement is:

I came here to be seen and to have a profound impact on the world, and it is my responsibility to presence my visibility wherever I go.



The Key Shift describes the orientation shift for your client that you can coach them to make to rapidly shift this pattern.

For example, with the Invisibility pattern, it is the shift from assuming others are responsible for seeing you, to claiming your power to “presence” yourself.

Key Skills and Capacities to Cultivate enables you to identify the skills and capacities that are most needed to cultivate for your client to be liberated from this pattern.

For example: The skill of PRESENCING—learning how to make their feelings, needs, desires, thoughts, ideas and visions visible to others.

You’ll then find a description of **Strengths and Gifts**. This also assists in diagnosing underlying patterns and is also important for mirroring and amplifying your clients in their brilliance.

For example, strengths and gifts of the Invisibility Pattern include:

- Possesses a deep capacity to see what is in the invisible, the ability to hear what is not being spoken, and the capacity to discern that which has never been made known before
- Has an exceptional ability to help others due to a highly developed capacity for insight, empathy, perception and discernment

In the **Detailed Description** you’ll also find additional indicators which are the **specific behaviors, habits and skill gaps** to look for. For example, with the Invisibility pattern:

- Disconnected from their own feelings, needs and desires (they are invisible to them), and this becomes a vague sense of dissatisfaction in all their relationships
- Rarely create structures for the fulfillment of their needs
- Frequently disappear and/or bail on relationships entirely with little or no explanation, assuming others won’t really miss them or will barely notice if they are gone

The “**Others often...**” section describes the experience of others in relationship to the person with this specific pattern.

For example with the Invisibility pattern, others are often...

- Completely unaware of their feelings, needs and desires
- Disregard and skip over them, forgetting to ask how they are and/or what they want and need



- Are confused and/or hurt when they leave or end the relationship without explanation

Next, in the **Ways of Being that Generate Evidence that Validates the Identity**, there are the specific actions, choices, decisions and behaviors that act as the self-fulfilling prophecy.

For example, in the Invisibility pattern the client may...

- Not represent themselves in ways that help others to know who they are, and/or the value of what they have to offer
- Redirect the conversation to keep the focus on others rather than reveal themselves
- Engage in selfless service to the point of exhaustion and depletion, rarely presenting their own needs and desires

Next are the Limiting Beliefs about self, others and life (beliefs to listen for):

You'll also find additional **Power Statements to Anchor a New Story**.

And finally **Key Skills and Capacities to Cultivate** that are essential to develop with your client for them to grow beyond the pattern.

- The ability to identify and express feelings and needs, and to ask for what you need
- The ability to recognize and name your own feelings, needs and desires
- The ability to welcome and witness with love your own inner experience
- The ability to ask for what you need and desire in ways that inspire others to meet those needs
- The ability to speak who you are and what you have to offer in ways that truly represent your greatness and therefore get you invited to participate in ways that generate more visibility in the world
- The ability to anticipate your own needs and create structures that allow for their fulfillment
- The ability to create relationships where your needs and desires, and the needs and desires of others, can all be present, even when they appear contrary and are seemingly incompatible





I'M INVISIBLE (a.k.a I'm Not Seen, I Don't Exist)

SUMMARY

Key Mechanism: Assuming it is the responsibility of others to see the invisible thoughts, feelings and potentials they are holding and experiencing.

Image: Image of 1950s housewife, focused on supporting their husband

Main Indicators:

Have an exceptional ability to help others due to a highly developed capacity for insight, empathy, perception and discernment.

- First attention is on others, who feel seen in their presence.
- Aware of what's happening for others but not themselves.
- Assume what they are feeling is obvious to others, but others don't pick up on the signals.
- Needing to control how others see them.
- Disappear or leave relationships with no explanation.

Deeper Truth Power Statement: I came here to be seen and to have a profound impact on the world, and it is my responsibility to presence my visibility wherever I go.

Key Shift: From making others responsible for seeing them, to seeing and presencing themselves.

Key Skills and Capacities to Cultivate: Learning to presence themselves with others.

DETAILED DESCRIPTION:

Strengths and Gifts:

- Possesses a deep capacity to see what is in the invisible; the ability to hear what is not being spoken, and the capacity to discern that which has never been made known before
- Has an exceptional ability to help others due to highly developed capacity for insight, empathy, perception and discernment
- Appear as deeply trustworthy and safe to others
- Highly creative and able to see possibilities that remain invisible to others



Indicators (behaviors/habits to look for):

- Disconnected from their own feelings, needs and desires (they are invisible to them), and this becomes a vague sense of dissatisfaction in all their relationships
- Not asserting their feelings, needs and desires even when they are aware of them
- Placing their first attention on others, disappearing themselves almost entirely
- Find themselves doing chronic selfless service
- Rarely create structures for the fulfillment of their needs
- Frequently disappear and/or bail on relationships entirely with little or no explanation, assuming others won't really miss them or will barely notice if they are gone

Others often...

- Are completely unaware of their feelings, needs and desires
- Disregard and skip over them, forgetting to ask how they are and/or what they want and need
- Don't like it when a person with this pattern decides to presence their feelings and needs (because they're breaking the unspoken contract that their focus needs to be primarily on others)
- Are confused and/or hurt when they leave or end the relationship without explanation
- Feel abandoned when they inevitably disappear and/or pull their attention away, having gotten seduced by the intensity of their attentiveness
- Can become very self-absorbed and self-centered in their presence
- Enjoy how puffed-up, important and "seen" they feel when they are with them

Ways of being that generate evidence that validate identity:

- Ask for what they want and need in ways that are attacking, assuming that other people don't care about them before they've even given them a chance to demonstrate that they do
- Disappear when they don't get their needs met rather than ask directly for what they want, hang in there, and work it out



- Not represent themselves in ways that help others to know who they are, and/or the value of what they have to offer
- Redirect the conversation to keep the focus on others rather than reveal themselves
- Engage in selfless service to the point of exhaustion and depletion, rarely presencing their own needs and desires
- Wait passively for someone to “discover” them
- Create relationships where only one person gets to be fully seen, requiring the other to disappear their needs and desires almost entirely
- Become hurt and resentful when others don’t automatically see their unexpressed needs and desires in the way they can see the needs of others

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I’m not seen
- I don’t exist
- I only exist to serve others needs

Others...

- Others don’t care about me
- Others are selfish
- Others wouldn’t care if I just disappeared

Life:

- It is dangerous to be seen
- The world does not need what I have to offer

Power Statements to Anchor a New Story:

- Deeper Truth Power Statement: I came here to be seen and to have a profound impact on the world, and it is my responsibility to presense my visibility wherever I go.
- I see myself. I am deeply present to my own feelings, needs and desires. I intuitively know how to ask for my needs and desires in ways that inspire others to meet them. I came here to be seen. It is my destiny to be visible and I now take my rightful place in the world by being willing to presense myself fully.



- The more I presence my needs and desires, the more I empower myself and others.
- I deeply see and anticipate my own needs and I create structures for their fulfillment in advance.
- I am a powerful, visible presence in the world. I am here to make visible that which has, until now, been invisible. My gifts of insight and perception are a profound blessing to the entire tribe, and to the entire world.
- The best way to see how much other people do or don't care about my feelings, needs and desires is to tell them clearly what those needs and desires are and then see how they show up.

Key Shift: From making others responsible for seeing them, to seeing and presencing themselves.

Key Skills and Capacities to Cultivate:

- The skill of PRESENCING – generating one's own visibility of thoughts, feelings, ideas and visions
- The ability to identify and express feelings and needs – and to ask for what you need
- The ability to recognize and name your own feelings, needs and desires
- The ability to welcome and witness with love your own inner experience.
- The ability to ask for what you need and desire in ways that inspire others to meet those needs
- The ability to speak who you are and what you have to offer in ways that truly represent your greatness and therefore get you invited to participate in ways that generate more visibility in the world
- The ability to anticipate your own needs and create structures that allow for their fulfillment
- The ability to create relationships where your needs and desires, and the needs and desires of others, can all be present, even when they appear contrary and are seemingly incompatible





I'M NOT ENOUGH

SUMMARY

Key Mechanism: Chronically “self-sacrificing” to serve others without being related to their true needs, thereby not creating value for others in spite of overgiving.

Imagine: Cinderella serving the wicked stepsisters, who are never satisfied with her work.

Main Indicators: (behaviors/habits to look for):

- “Other-directed” and chronically self-sacrificing
- Feel they have to do more than others to get the same success and recognition
- Feel they never have enough money, time, or love
- Burdened by too many responsibilities (over-committed)
- Diligently caring for others needs and forgoing their own in the process
- Undervalue themselves

Deeper Truth Power Statement: My very existence in and of itself provides extraordinary value, and is a profound blessing to all.

Key Shift: Giving from disconnection scarcity and lack to service and contribution to others – being related to the true needs of other and creating real value.

Key Skills and Capacities to Cultivate: Giving to self before others and the ability to receive appreciation from others.

DETAILED DESCRIPTION:

Strengths and Gifts:

- Profoundly generous, always have more than enough to share and give it to others freely
- Provide a sense of abundance for others
- Good at many things, having cultivated many different skills and talents



Indicators (behaviors/habits to look for):

- “Other-directed” and chronically self-sacrificing
- Burdened by too many responsibilities (over-committed)
- Undervalue themselves and what they offer
- Rarely satisfied because they are focused on other people’s needs and/or on external standards of perfection or success
- Take responsibility for other people’s happiness, satisfaction and fulfillment
- Feel that they have to do more than everyone else to get the same amount of success and recognition
- Believe they exist to please others
- Commit to things that will not satisfy them
- Be overly diligent in caring for the needs and upsets of others, often forgoing their own in the process
- Overeating and/or undereating
- Feel as though they never have enough (time, money, resources, love, etc.)
- Be a jack-of-all-trades
- Give up on things before attaining a level of mastery
- Frequently find themselves burdened by too many obligations pulling them in different directions

Others often...

- Feel that no matter how much they do to show their love and support, it’s never quite enough
- Become overly dependent upon them
- Learn to feel entitled to have them do more for less
- Feel frustrated and irritated with them when they take on more than they can realistically deliver on and then let them down
- Don’t trust them to keep their word on what they say they are going to do
- Feel as though they are settling for them

Ways of being that generate evidence that validate identity:

- Covertly say self-deprecating and self-diminishing comments about themselves, particularly when others try to praise and acknowledge them
- Over-commit and take on way more than they could possibly do, validating again and again that they are not up to the task



- Generate debt
- Generate clutter in your space
- Continually change careers before they achieve any real success
- Do things from a sense of obligation rather than because it brings them joy
- Represent that they will do more, training others to hold them to a higher standard
- Over-give, over-buy, and over-do everything
- Lose themselves in the needs of other people
- Not follow through on opportunities because things are never enough to satisfy them
- Set nearly impossible standards of success for themselves and others
- Chronically self-abandon
- Sell themselves short and settle for less
- Get themselves obligated to people and situations that are not satisfying for them, because they are not connected to what would generate their own happiness and fulfillment in life
- Take on jobs that are really not theirs to do
- Undervalue and under-present themselves

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I'm an imposter
- I don't know enough
- I don't have enough

Others:

- Others don't value me
- Others expect more from me than they do from others
- Others always want more from me than I can realistically give

Life:

- There's not enough... money, love, clients, opportunity...
- There is never enough to go around, (i.e., time, money, attention, resources or love)



Power Statements to Anchor a New Story:

Deeper Truth Power Statement: My very existence in and of itself provides extraordinary value and is a profound blessing to all.

- I have the power to create extraordinary value and satisfaction in all my relationships.
- Others want need less of the right things from me.
- I am open to receiving love, acknowledgement, support and appreciation from others.
- I am deeply grateful for all I have and profoundly appreciate all that I am.
- I always have enough time, enough money, enough support and enough love to live the life I was born to live.
- I am more than enough for myself and others.
- I exist to please myself, and I choose to please others if and when it pleases me to do so.
- I care deeply about my own happiness and satisfaction and prioritize my own well-being in life.
- I come from a place of service and contribution and my self-worth is off the table when it comes to my work product and professional services.

Key Shift: Giving from disconnection scarcity and lack to service and contribution to others – being related to the true needs of other and creating real value.

Key Skills and Capacities to Cultivate:

- The skill of value creation – getting feedback from others and creating things that meet real needs
- Give to self before others, ability to receive appreciation from others
- The ability to be deeply present with yourself, connected to your own needs and desires
- The ability to accurately assess the true value of what you provide
- The ability to give to yourself first before giving to others
- The ability to receive appreciation, love and support from others
- The ability to set appropriate limits and to say “no” to things that do not inspire you
- Capacity to mirror and validate your own existence as something precious and valuable





I'M ALONE (a.k.a I'm on my own)

SUMMARY

Key Mechanism: Isolating and separating themselves from others, having to do everything themselves, and asking for support in ways that alienate others.

Imagine: A Lone Wolf – Works better in a pack but has adapted to survive on its own and be self-sufficient.

Main Indicators (behaviors/habits to look for):

- Exceptionally capable, successful and resourceful
- Aloof (not extended to others)
- Rarely asks for support or asks in a way that is alienating
- Chronically under-supported
- Isolates and separates themselves
- Self-sufficient - “I can’t get what I want from others”
- Has no hope of being deeply connected with others – “Others don’t have the capacity to meet me”
- Stays too long in relationships

Deeper Truth Power Statement: I was not born to be alone. I came here to love and be loved, and I have the power to create deep and meaningful connections with others.

Key Shift: From isolating, separating, and being self-sufficient, to generating connection, extending themselves to others, and asking for support.

Key Skills and Capacities to Cultivate: Extending themselves to others and asking for support in healthy ways.

DETAILED DESCRIPTION:

Strengths and Gifts:

- Possesses an extraordinary capacity for deep, heart-centered relatedness with others
- Exceptionally competent and deeply resourceful
- Fiercely loyal and deeply committed to others
- Highly independent



Main indicators (behaviors/habits to look for):

- Experiences “low grade” chronic depression and a deep sense of sadness, having given up hope of ever being deeply connected to others
- Rarely asks for support, or asks in a way that alienates others (i.e. demanding, whining, or complaining, or ineffectively hinting at what they need, without coming out and saying it in ways others can understand, etc.)
- Feels chronically under supported
- Feels unable to actualize the fullness of their gifts and their greatness into the world
- Only rarely feels like they are with “their people”

Others...

- Often find them unapproachable
- Have a difficult time finding ways to support them
- Assume they don’t need anything from them because it looks like they have it all together
- Give up including them, or stop inviting them to events because of the many times they have been unavailable and/or don’t show up

Ways of being that generate evidence that validate identity:

- Avoids joining collectives and/or communities, preferring to go it alone (i.e., reads self-help books, engages in solitary spiritual practice, lives by themselves, and work by themselves at home, etc.)
- Rarely participates in groups as an equal member (i.e., prefers instead to lead the groups they are a part of, or stay on the sidelines, etc.)
- Isolates and separates themselves (even when physically with others, they will often stay disengaged and off by themselves)
- Doesn’t even respond to invitations from others or frequently says no, thereby training others to stop inviting them
- Doesn’t make requests for support even when they desperately need it
- Engages in addictions that serve to isolate them from others
- Designs their whole life inside self-sufficiency
- Leaves relationships during times of conflict and challenge rather than staying and working towards a deepened understanding and the possible formation of long-term bonds



- Stays too long in relationships that are long over, and needs to evolve to a new form because they can't bear the idea of abandoning others
- Remains overly loyal to people they have long outgrown, because they fear that letting go means they will forever be alone

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- It's easier and quicker to do everything myself
- Asking for support will make me look weak
- I can't find my people
- I prefer to be on my own
- I don't have time or space for others

Others:

- Other people always leave
- Other people don't give me what I need from them
- I can't get what I want from other people
- I can't rely on others to do what is needed
- Others don't have the capacity to meet me

Life:

- Life is sad and lonely
- Life is easier when I'm on my own

Power Statements to Anchor a "New Story"

- Deeper Truth Power Statement: I was not born to be alone. I came here to love and be loved, and I have the power to create deep and meaningful connections with others.
- I am deeply connected to myself, to others, and to all of life.
- I did not come here to be alone in life, and I do not accept it as my fate. I have the power to create rich relatedness and deep engagement with others.
- I am open and available to connect deeply and authentically with others.
- My need for others is healthy and wholesome. I need to be in relationships with others fully, in order to become myself.
- I am here to be deeply related to all people and to all life.



Key Shift: From isolating and separating, in self-sufficiency, to generating connection, extending themselves to others and asking for support.

Key Skills and Capacities to Cultivate:

- Deep connection with yourself, checking in frequently to notice and name your feelings, needs and desires (so that you are no longer alone but “with” yourself)
- The capacity to be authentic and transparent in sharing your feelings, needs and desires with others in ways that allow them to really see and feel you
- The ability to ask for support in ways that help others to understand exactly what you are needing from them and how they might give that to you
- The ability to let go of control and allow others to see the real you, so that they can love and support you
- The capacity to make the time and the space to include other people in your life
- The ability to enjoy and appreciate the many ways that people extend connection and care, even when they feel somewhat foreign and/or superficial to you
- The capacity to be transparent, authentic and vulnerable so others can find a way to contribute to you and demonstrate their care
- The ability to work through challenges and difficulties in ways that foster intimacy and healthy evolution without 1) severing the connection or 2) staying emotionally stunted in order to keep it
- The ability to tolerate periods of loss with a sense of authentic faith in the overall connectivity and goodness of life





I'M NOT LOVABLE

SUMMARY

Key Mechanism: Seeing others as the source of love, and feeling the need to get it from them.

Image: Seeds planted in barren soil without sunshine and rain.

Main Indicators:

- Chronic sense of being lost, off-track and off-purpose
- Experiencing profound sadness, emptiness and barrenness
- Lack of structures to share gifts
- Confused about why others don't love them
- Small and insignificant
- Patterns of self-neglect
- Loving and giving to others that isn't reciprocated
- Others feel overwhelmed and drained by the deep neediness

Deeper Truth Power Statement: I am deeply loved by all of life, and my very existence pleases the Universe. I now take my rightful place in the community as a beloved and embraced member of the tribe.

Key Shift: From making others responsible for seeing them, to seeing and presencing themselves.

Key Skills and Capacities to Cultivate: Communicate needs and desires, and the ability to self-nurture, creating structures to cultivate their talents and skills.

DETAILED DESCRIPTION:

Strengths and Gifts:

- Possess a deep and profound capacity to love
- Deeply sweet, kind and tender-hearted
- Deeply trustworthy and loyal
- Possess the ability to be very helpful and supportive of others



Main indicators (behaviors/habits to look for):

- Experiencing a chronic sense of being lost, off track, and off purpose
- Failing to thrive in life
- Lack structures to share their gifts with the world
- Chronically looking for love from people, situations, and in ways that ensure they will not get it, frequently finding themselves in a state of painful longing in their romantic life
- Are profoundly sad in a way that feels unreachable and unfixable
- Feel deeply confused as to why others don't love them, given how loving and sweet they are and how much they give to others
- Feel small and insignificant
- Live in a home that is empty and barren of things that would create a loving and comforting environment
- Suffering from pervasive patterns of self-neglect, not even knowing how to care for themselves beyond their basic survival needs
- Are incredibly loving and giving to others in ways that are often not reciprocated

Others often...

- Neglect and forget about them
- Do not make time for them
- Feel overwhelmed and drained by their deep neediness
- Mirror back to them their own lack of self-love

Ways of being that generate evidence that validates identity:

- Waiting for others to invite them in rather than generating their own participation
- Not asking for what they need and desire, or even really knowing what that is, and hoping instead that others will figure it out
- Not cultivating their own talents and gifts by failing to create structures that would help them develop themselves and excel in those areas
- Staying with people who are failing to meet their needs and in situations that do not nurture and support them
- Creating a rather empty, barren life, and failing to participate in those things that make life joyful and colorful
- Organizing their life around mere survival rather than flourishing and thriving



Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- There's nothing about me that's lovable or endearing to others

Others:

- Others don't care about me
- Other people get the love they want and need, but not me

Life:

- Life is hard and sad
- The world would not really miss me if I were gone
- I never have the love I want and need

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am deeply loved by all of life. My very existence pleases the Universe, and I now take my rightful place in the community as a beloved, embraced member of the tribe.
- I came here to love and be loved, and I have the power to create loving and caring relationships in my life.
- I am deeply lovable just as I am, and I love and accept all parts of myself.
- I am great at getting my needs met.
- I deeply appreciate my profound capacity to love, and I begin by loving myself deeply and unconditionally.
- I allow myself to thrive in life by creating structures that nurture my gifts and talents, and that support me to share them with the world.
- Life always supports me to fully actualize my gifts into the world.
- I am the beloved treasure of God. I am deeply loved and deeply valued.
- I am a loving and powerful presence on the planet. The gifts I have to offer are profoundly necessary to the well-being of all.
- I celebrate my life and I fully support myself to thrive and to flourish.

Key Shift: From sourcing love from others, to tapping into a deeper source of love within yourself.



Key Skills and Capacities:

- The ability to communicate needs and desires, and to self-nurture, creating structures to cultivate talents and skills
- The ability to mirror back to yourself all the things that are lovable about you, learning to love even those parts you don't feel good about
- The ability to cultivate your talents and skills by creating structures that support their development
- The ability to develop the strength you need to leave relationships that are no longer fulfilling you or serving the deeper needs of your soul
- The ability to self-nurture in healthy and wholesome ways
- The ability to create structures that allow you to share all the love in your heart with others
- The ability to receive love from others
- The ability to communicate your needs and desires in ways that inspire others to fulfill them





I DON'T MATTER

SUMMARY

Key Mechanism: Focusing on accomplishments and achievements as the measure of value for themselves

Image: Sad girl with a doll who is playing by herself because her parents are too busy.

Main Indicators: (behaviors/habits to look for):

- Feeling of neglect
- Yearning to have feelings cherished
- Shy, introverted, rarely asserting themselves
- Giving and generous with others
- Feel that unless they reach out to others the relationship will end
- Others skip over and neglect to include them
- Others don't consider their needs and punish them for asking for their needs to be met

Deeper Truth Power Statement: I am a loving, powerful presence on the planet, and I have significant and meaningful contributions to make. My life matters, and is an important contribution to the well-being of the whole.

Key Shift: valuing themselves based on accomplishments, to valuing themselves based on their own feelings, desires and needs.

Key Skills and Capacities to Cultivate: The ability to share with others their feelings and needs with the expectation that they matter.

DETAILED DESCRIPTION

Strengths and Gifts:

- Possesses a highly developed spirit of generosity and thoughtfulness, and others feel deeply seen and cared for by you
- Makes deeply meaningful contributions to the lives of others
- Brings profound sweetness to the world through your extraordinary capacity to see and meet the needs of those around you



- Exceptional gift giver, knowing exactly what to give and when to give it, in order to create a strong sense of well-being for others
- Creates a sense of sweetness in the lives of others, profoundly blessing the world with a sense of true care

Main indicators (behaviors/habits to look for):

- May be shy and introverted
- Rarely assert themselves, almost never asking for what they truly need and/or desire
- Feel that unless they reach out to others, the relationship will probably end
- Minimize and/or rarely celebrate their accomplishments
- Feel compelled to give to others when they sense a need, unable to not give, even when it's at their own expense
- Are amazingly giving and generous with others, making sure they honor others every feeling and need

Others often...

- Skip over them and/or forget to include them
- Don't even consider their feelings, needs or desires
- Punish and/or reject them if and when they do express their needs and desires
- Don't invest in a relationship with them (i.e., don't marry them, hire them as a full-time employee, train them properly, etc.)

Ways of being that generate evidence that validate identity:

- Speak about themselves in dismissive and diminishing ways, minimizing their accomplishments
- Reject and dismiss their own feelings, needs and desires treating themselves as if what they feel and what they need doesn't really matter
- Withhold their true feelings, needs and desires from others
- Consistently and brilliantly tend to the needs and desires of others before attending to their own needs and desires, often skipping over themselves entirely
- Overwork, ignoring their own well-being in the process
- Reject the attempts of others to give to them because it's not exactly what they are wanting, assuming that if others really cared about them, the result



would be the same level of thoughtfulness about their needs as they exhibit themselves

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- My feelings, needs, desires and dreams don't matter

Others:

- Others don't think that what I want or need matters
- The feelings and needs of others matter more than my own

Life:

- Who I am and what I have to offer is inconsequential to the world

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am a loving, powerful presence on the planet, and I have significant and meaningful contributions to make. My life matters and is an important contribution to the well-being of the whole.
- My feelings, needs and desires matter. They matter to me. I care about my needs and desires as much as I care about the needs and desires of others.
- My well-being is my number one priority and matters deeply to me.
- Other people might demonstrate that my feelings, needs and desires matter to them if I can clearly share what they are.
- I open myself to receive love from others in the many different ways they are able to express it.
- Intuiting the needs and desires of others is a gift I possess, but does not obligate me in any way to fulfill their needs and desires.
- I possess a profound ability to give and bless others in ways that are exceptional and extraordinary. I use my gifts wisely, always including my own well-being and happiness in my choice to give or not give, as is appropriate for me.

Key Shift: From valuing themselves based on accomplishments, to valuing themselves based on their own feelings, desires and needs.

Key Skills and Capacities to Cultivate:

- The ability to share with others their feelings and needs with the expectation that they matter



- The ability to connect with what you are feeling, needing and desiring, continually mirroring and affirming the validity of your own inner experience
- The ability to ask for what they need and desire in ways that engage and inspire others to fulfill them
- The ability to presence yourself in the room by speaking up and being visible in engaging and authentic ways
- The capacity to openly receive love in the many different ways it is being offered





I'M NOT WANTED

SUMMARY

Key Mechanism: Others are the source of love so there's a need to focus on figuring out who others need them to be in order to receive love.

Imagine: A person turning themselves into a pretzel.

Main Indicators: (behaviors/habits to look for):

- Someone else's approval or disapproval determines whether or not they get love
- Experience constant rejection from others
- Try to be what others want them to be rather than themselves
- Relationships with others who don't value them
- Speak in a strident or disagreeable tone of voice
- Interrupt and intrude on others at inappropriate times
- Miss important social cues others are providing

Deeper Truth Power Statement: Centered in the power and magic of who I am, I magnetize all manner of support and abundance into my life. My contribution blesses the world in profound and extraordinary ways. I am grateful for all I am able to give and all I'm able to receive.

Key Shift: From others being the source of love, to connecting to self as the source of love, being the self fully and making space for others to not want or choose them..

Key Skills and Capacities to Cultivate: Connecting with their own feelings and desires and what makes them happy and fulfilled. The ability to understand their impact on others and cultivate empathic listening and noticing of social cues.

DETAILED DESCRIPTION

Strengths and Gifts:

- A very magical person, with the ability to cause high magic in the world, as they possess highly cultivated talents and skills
- Known for producing excellence



- Unstoppable, and therefore able to achieve and accomplish extraordinary results

Main indicators (behaviors/habits to look for):

- Interrupts and intrudes on others at inappropriate times
- Misses important social cues that others are providing
- Doesn't want what they have
- Experiences constant rejection from others (personally and/or professionally)
- Frequently feels left out
- Are the last person on the team picked and/or kicked off the team entirely
- Have difficulty making as much money as they should be making
- Tries to be what they think others want them to be, rather than be themselves
- Befriends those who don't appreciate or value them (i.e., "casting your pearls before swine")

Others often...

- Don't want to be with them, and either don't include them or include them from a sense of obligation
- Aren't happy when they walk into the room
- Don't want what they have to give
- Feel intruded upon by their overwhelmingly assertive opinions, demands and comments
- Find them difficult and draining to be with
- Often feel rejected by them
- Feel talked at as opposed to spoken with

Ways of being that generate evidence that validates identity:

- Speaks in a strident and/or disagreeable tone of voice
- Phones people or knocks on their door at inappropriate and inconvenient times, and then fails to ask them if this is a good time to speak before launching into whatever they want to say
- Interrupts and intrudes upon others at ill-timed moments, aggressively asserting their opinions without being asked or invited to speak



- Are oblivious and unaware of how their behavior is affecting and impacting others
- Talking beyond people's capacity to listen, unconscious that they are dominating the conversation and going on beyond what is socially appropriate
- Are combative and/or difficult to please
- Missing important social cues that others are providing (such as looking at the clock, or beginning to gather their things) as to what behavior is appropriate and would work best for them in that moment

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I won't be loved for who I am
- I have to be someone else to get love

Others:

- Others don't want me for me. Rather they just want my body, my money, my status, what I can do for them, etc.
- Others are going to reject me

Life:

- The world is a cold, uncaring and rejecting place

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** Centered in the power and magic of who I am, I magnetize all manner of support and abundance into my life. My contribution blesses the world in profound and extraordinary ways. I am grateful for all I am able to give and all I'm able to receive.
- I am loved, welcomed and wanted by all of life.
- My very existence is divinely ordered. I am meant to be here.
- Who I am is a valuable and unique gift to the world. I possess gifts and talents that are profoundly necessary to the well being of all.
- I deeply appreciate and embrace all I have and all I am. I choose to want everything that I have.
- I intuitively know how to ask for what I need and desire in ways that inspire others to fulfill them.



- (For love) My very existence inspires, empowers and fulfills my beloved beyond his (her) wildest dreams.
- (For women) I am a powerfully magnetic, exquisitely beautiful and deeply desirable woman. I attract Kings who protect me, provide for me, love me, honor me, fulfill me, and serve me.

Key Shift: From others being the source of love, to connecting to self as the source of love, being themselves fully, and making space for others to not want or choose them.

Key Skills and Capacities to Cultivate:

- The ability to connect with their own feelings and desires, and what makes them happy and fulfilled, and the ability to understand their impact on others and cultivate empathic listening and noticing of social cues
- The ability to create a loving connection with their inner experience, welcoming, “wanting,” and embracing all of their feelings, needs and desires unconditionally
- The ability to understand the impact they have on others, noticing how what they do and what they say affects others both positively and negatively, adjusting their behavior to be more socially appropriate and accommodating of where others are
- The ability to cultivate a capacity for empathetic listening so that they can gauge what others are needing in the moment that they need it, with or without them coming out and saying it directly
- The ability to develop a more mature capacity for reading social cues so they can pick up on the subtleties of communication





I'M NOT SAFE

SUMMARY

Key Mechanism: Lack of awareness about how to create safety for themselves, so others' behavior determines whether they are safe or not.

Imagine: Not looking left and right when crossing a street.

Main Indicators: (behaviors/habits to look for):

- Constantly feeling violated by others
- "Other people's behavior creates a lack of safety for them
- Tends to be self-revealing before assessing whether it is safe to share at that level
- Abrasive, volatile, hyper-vigilant and reactive – creating a lack of safety around them
- Takes a lot of uncalculated risks with few safety nets
- Highly reactive to stories about trauma and violence

Deeper Truth Power Statement: I am deeply intuitive, and I can trust myself to intuitively know how to create safety and well-being for myself and others..

Key Shift: From being victimized by other's behavior and making it other's responsibility to keep them safe, to self-responsibility and claiming the power to create safety for themselves.

Key Skills and Capacities to Cultivate: The ability to create boundaries and accurately assess situations before investing self.

DETAILED DESCRIPTION

Strengths and Gifts:

- Deeply perceptive and possesses an extraordinary capacity for intuitive knowing
- An excellent warrior and a tireless fighter for the good of all
- Master of the details



- There's an innocence about them, a deep goodness, and they care about matters of ethics and morality
- Takes huge risks that create the possibility of enormous success for self and others

Main indicators (behaviors/habits to look for):

- Takes a lot of uncalculated risks, living close to the edge with few safety nets
- Attracts perpetrators and can be a target for con artists
- Brings out the worst in people, causing them to behave in uncharacteristically hurtful ways
- Are idealistic, naive, and overly trusting, chronically becoming wounded, disillusioned, and disappointed when people fail to live up to their expectations
- Are overly generous before others have earned their generosity
- Are hyper-vigilant and deeply reactive to others, perceiving much of what others say as potentially threatening to their safety
- Are highly reactive to stories they hear about trauma and violence, feeling as though what is happening to others is happening to them (i.e., can't watch the evening news, read a newspaper, etc.)
- Have their primary relationships with animals

Others often...

- Feel like they have to walk on eggshells around them
- Are turned off and give up on them because there's no way to "win"
- Find them unapproachable and prickly
- Find them defensive and difficult, frequently feeling attacked by their intense reactions to things that seem ordinary and mundane
- Violate them in ways that are completely uncharacteristic in relationships with others

Ways of being that generate evidence that validates identity:

- Fails to take appropriate precautionary, protective measures before entering into agreements and/or relationships with others
- Over-discloses personal information before the relationship has been properly established
- Complains and/or attacks others instead of making requests for what they need and desire



- Either goes to war or severs the relationship entirely, rather than work things out amiably in the face of upsets or disagreements
- Avoids taking care of things that would ensure their well-being and safety in life (i.e., drive an unsafe car, fail to have health insurance, live paycheck to paycheck, etc.)
- Suffers from severe anxiety and may be prone to addictive and compulsive behaviors.
- Avoids scary movies, news on television, and/or reading newspapers, unable to distinguish that it is others and not them in danger
- Take huge yet largely uncalculated and reckless risks
- Are highly reactive and hyper-vigilant to the upsets of others, frequently rushing to order rather than waiting for the organic emergence of harmonious solutions
- Unknowingly pushes others away with their suspiciousness
- Gets involved with people too quickly, without taking the time to know them before becoming entangled in their lives or involving them intimately in their life

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I have no power to keep myself safe

Others:

- Other people have ill intent
- Others are responsible for keeping me safe

Life:

- Life is unpredictable and dangerous
- The rug is going to be pulled out from under my feet at any moment

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am deeply intuitive, and I can trust myself to intuitively know how to create safety and well-being for myself and others.
- I source safety inside of my relationship with myself, and I'm learning to keep myself safe by asking questions that provide the clarity I need, by making valid requests of others, by setting limits, and by creating safety nets.



- I source safety inside of my relationship with a benevolent force and field of life greater than myself. All of life is for me and I trust the Universe to have my back. I choose to have faith in the overall goodness of life.
- I trust others as they demonstrate their trustworthiness, which then earns my trust. I trust myself to take care of myself if and when others disappoint me.
- Things that are happening to others are not happening to me. While I deeply care about the well being of all, I am not the victim but rather, simply a compassionate witness to the suffering of others.
- Other people often have my best interests at heart and can, indeed, be trusted to do right by me.

Key Shift: From being victimized by others' behavior and making it others' responsibility to keep them safe, to self-responsibility and claiming the power to create safety for themselves.

Key Skills and Capacities:

- The ability to create boundaries and accurately assess situations before investing themselves
- The capacity to provide safety for themselves so that they can begin to trust in their own ability to keep themselves out of harm's way (i.e., learn to look left and right before crossing the street)
- The capacity to self-soothe, reassuring themselves when their anxiety levels escalate
- The capacity to differentiate themselves from others, experiencing themselves as a separate individual from others who are suffering
- The ability to assert boundaries and make requests in ways that sets clear limits and yet affirm relatedness in the process
- The ability to accurately assess situations before investing themselves deeply
- The capacity to hold faith in the overall goodness of life in the face of things not going their way
- The ability to accurately interpret their intuitive knowing that something is not right, engaging questions that bring clarity and shed light in ways that help them understand the feelings they are having
- The ability to create boundaries and accurately assess situations before investing self.





I'M A BURDEN

(a.k.a. I Don't Need Any one, I'm Responsible)

SUMMARY

Key Mechanism: Miscalibration of what is reasonable to expect from others in a relationship, regarding their needs being met.

Image: Biafra baby after the Ethiopian famine.

Main Indicators (behaviors/habits to look for):

- Developmentally – Caregivers were incompetent at a basic level, e.g. narcissistic, mentally ill, or self-absorbed
- Self-reliant and overly responsible for others
- Having needs of any kind is going to burden others
- Over-burdened by their own feelings, needs and desires
- Relationships are profoundly imbalanced – giving far more than receiving from others

Deeper Truth Power Statement: My feelings, needs and desires are valid and essential to my own well-being, as well as the well-being of others.

Key Shift: From feeling their needs are a burden, to being able to assess what is reasonable to expect in a healthy relationship.

Key Skills and Capacities to Cultivate: The ability to connect, feel and express needs in their relationships, and the capacity to be open, ask for what they need and receive from others without needing to reciprocate.

DETAILED DESCRIPTION:

Strengths and Gifts:

- Able to take on huge projects with great success
- Accomplish a lot due to their advanced capacity to hold large levels of responsibility
- Extremely independent, self-reliant and resourceful
- Others feel a tremendous sense of freedom in their relationship with them
- Others feel nurtured and well-cared-for by them



Main indicators (behaviors/habits to look for):

- Are burdened by the magnitude of their feelings, needs and desires, and are therefore dismissive and disconnected from them
- Rarely allow themselves to express their most vulnerable feelings, needs and desires by asking for what they need
- Have intimate relationships with people who are less powerful and/or become overly dependent upon them, thereby frequently becoming a burden to them
- Stay in mother position as opposed to woman position, thereby never fully blossoming into the fullness of their womanliness
- Have relationships that are profoundly imbalanced, with them giving far more often than they receive
- Are profoundly self-reliant, rarely creating support structures that allow others to give to them
- May have a large body that is cumbersome to them

Others...

- Experience them as profoundly self-reliant
- Find them to be non-demanding and low-maintenance
- Feel burdened if and when they do express a need or desire, since they will often ask at inopportune times or in ways that for others are difficult and demanding
- Don't feel needed by them and therefore will not feel compelled to commit to them
- Find them hard to contribute to, feeling rebuffed and shut down when trying to give to them

Ways of being that generate evidence that validate identity:

- So deeply disconnected from their own feelings, needs and desires, that they treat those vital elements as though they were burdensome
- Drawing rigid boundaries in ways that are alienating and create distance between them and other people
- Not asking for what they need, and then become resentful towards others for not reading their mind and providing it for them
- Over-giving and then get resentful that others are not giving to them in the same way they give to others



- Making requests for what they need and desire in ways, or at times, that make it burdensome for others to fulfill (if they make the requests at all)
- Assuming they know what others need and quickly providing it without checking in first. The assumed needs are often unrelated to others' deeper needs, often burdening others with their actions

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- My needs aren't valid and I shouldn't have them
- I can't let others know my needs

Others:

- Others are burdened by the weight of my needs

Life:

- If something is wrong, then I am the one responsible for fixing it

Power Statements to Anchor a New Story:

- Deeper Truth Power Statement: My feelings, needs and desires are valid and essential to my own well-being, as well as the well-being of others.
- Many people would be receptive to my feelings, needs and desires, and would extend themselves to support my fulfillment, if I would only share what those feelings, needs and desires are in conscious and inclusive ways.
- My needs are the fuel for the expansion of my greatness.
- I am deeply related to my needs and to the needs of others. Inside of mutual giving and receiving, we all become more of who we are.
- Meeting my needs is a source of empowerment for myself and others.
- My needs are appropriate, reasonable, valid, and essential to my well-being.
- The fulfillment of my needs and desires empowers me and others in the realization of our mission in life.
- I live in a generous universe. My needs and desires are not too great for God.

Key Shift: From feeling their needs are a burden, to being able to assess what is reasonable to expect in a healthy relationship.

Key Skills and Capacities to Cultivate:

- The ability to connect, feel and express needs in their relationships. Capacity to be open, ask for what they need and receive from others without needing to reciprocate



- The ability to be deeply connected to their own feelings, needs and desires, learning to name, welcome, and witness, with profound love, reassuring themselves that their feelings and needs are not burdensome to others
- The capacity to be open and to receive from others without automatically needing to reciprocate, and to ask for what they want in ways that are sensitive to others, inspiring happy reciprocation
- The capacity to be powerfully vulnerable and transparent with others about their feelings, needs and desires
- The ability to locate a deeper and wider center that can contain eros, and allow them to move into their full womanliness





I'M CRAZY

SUMMARY

Key Mechanism: Deferring to what they have been told instead of listening and trusting their own knowing.

Image: Being told there is “no elephant in the room” – even though it is obviously there, and deferring to others in place of their own knowing.

Main indicators (behaviors/habits to look for):

- An original thinker, highly visionary and intuitive
- Defers to what they are told, rather than what they know - overly dependant on outside advice
- Tends to make bad decisions in life – can't get traction and is confused by this pattern
- Chronically indecisive
- Deeply sensitive to non-verbal cues, though unsure how to read them
- Others become frustrated by their inability to make up their mind
- Others dismiss their knowing, and suggest what they're perceiving isn't real

Deeper Truth Power Statement: I can trust my knowing. I value my capacity for seeing things differently, and recognize how necessary my perspectives are to the well-being of all.

Key Shift: From deferring to others, to listening to and trusting their own knowing.

Key Skills and Capacities: Learning to welcome, hold and witness their feelings, needs and desires, as well as developing good decision-making strategies and taking action based on what they sense.

DETAILED DESCRIPTION

Strengths and Gifts:

- Possess a high level of artistic talent
- An original thinker—unconstrained by the limits of the known world



- Can see possibilities others can't, and see solutions to problems that are outside the box and undetectable to others
- Highly visionary and intuitive

Main indicators (behaviors/habits to look for):

- Don't trust their own knowing, and therefore have a difficult time navigating their life with a sense of confidence, and don't always make wise choices
- Are chronically indecisive in ways that are debilitating
- Frequently make bad decisions, undermining their ability to trust themselves
- Become overly dependent upon outside professional advice, such as astrologers, therapists, spiritual mentors, and/or psychics
- Are a loner
- Have difficulty assessing what is real from what is not
- Are deeply sensitive to non-verbal cues, yet uncertain as to how to read them accurately

Others often:

- Become frustrated with them because they can't make up their own mind
- Feel burdened by the responsibility of helping them run their life (particularly intimate partners)
- Don't support and/or invest in their endeavors
- Dismiss their knowing and/or literally tell them that what they are perceiving/experiencing is not real
- Have difficulty following their logic, as they tend to think from a highly creative, non-linear place

Ways of being that generate evidence that validate identity:

- Dismiss their own deeper knowing, often taking action that is directly opposed to the intuitive guidance they are receiving
- Undermine and dismiss the value of their own talents and skills
- Suffer from severe and debilitating anxiety
- Present their ideas and feelings to others in histrionic and overly dramatic ways
- Are chronically overwhelmed by the myriad of choices they see before them, unable to distinguish wise action
- Are disconnected from their own deeper feelings, needs and desires



- Chronically and unknowingly pushing others away by being suspicious of their motives

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I am losing my mind
- I can't trust myself

Others:

- Others know better than me
- Others don't value my knowing

Life:

- Life is overwhelming and confusing

Power Statements to Anchor a New Story:

Deeper Truth Power Statement: I can trust my knowing. I value my capacity for seeing things differently, recognizing how necessary my perspectives are to the well being of all.

- I am highly intuitive. I can trust my deeper knowing and the intuitive guidance I receive.
- My feelings, needs and desires are valid and lead me to make good decisions about my life. I can trust myself to be able to discern what the right thing to do is.
- I am extremely talented and creative in ways that are unique to me.
- The whole Universe is supporting and sponsoring me to actualize my unique gifts into the world and to make my greatest contributions. I am one of a kind and that is a good thing.

Key Shift: From deferring to others, to listening to and trusting their own knowing.

Key Skills and Capacities:

- Learning to welcome, hold and witness their feelings, needs and desires
- Develop good decision-making strategies and taking action based on what they sense
- Their intuitive knowing and the ability to discern right action based upon the guidance they are receiving
- Good decision-making strategies



- The ability to empower the decisions they make by mentally letting go of paths not taken and roads not traveled.
- Extreme appreciation for their uniqueness and creativity, learning to value their exceptional ways of seeing the world
- The ability to deeply connect with and contain their own feelings, needs and desires, learning to welcome, witness and hold with love their own inner experience, whatever that may be
- The ability to express their feelings, needs and desires in ways that are inspiring to others, and learning to engage their support and sponsorship of their uniqueness into the world





I'M TOO MUCH

SUMMARY

Key Mechanism: Lack of awareness of context, as context is too small to contain the size, depth and energy that's being shared.

Imagine: Boots too small? It's time for bigger boots.

Main Indicators: (behaviors/habits to look for):

- Loud and talkative, taking up space with a large physical presence
- Have difficulty receiving – fearing their needs are too burdensome to others
- Constantly monitoring and holding back
- Creating relationships with others who are threatened by their full self-expression
- Creating conflict with others, and not tuned into boundaries
- Staying in situations that are too small for them
- Double Bind – “Either I’m fully myself and others are uncomfortable, or I hold back, feel uncomfortable, and suffer myself”

Deeper Truth Power Statement: I am a profound light to the world and the vastness of my being blesses all.

Key Shift: From being victimized by the absence of a big enough space, to awareness of context and the power to create a context that enables them to express their whole self.

Key Skills and Capacities to Cultivate: The ability to be aware of the context and set outcomes based on creating contexts that allow them to express themselves fully.

DETAILED DESCRIPTION

Strengths and Gifts:

- A maverick and a trailblazer—a powerful creator of new ideas and inventions in the world
- Super bright and highly competent



- Highly developed professional skills
- Deeply resourceful and able to make things happen
- Able to hold vast amounts of responsibility
- Capable of earning a lot of money

Main indicators (behaviors/habits to look for):

- Loud, talkative, or somehow manages to take up a lot of “space”
- Has a large physical presence (i.e., may be overweight, flamboyant, incredibly charismatic, etc.)
- Are very reluctant to need anything from others and rarely make requests for what they need and desire, fearing that their needs might be burdensome and “too much” for others
- Have difficulty receiving
- Constantly monitor and hold themselves back from fully expressing themselves
- Hang out with others who don’t quite meet them where they are, and consistently try to get them to behave themselves by putting them into a smaller box

Others often...

- Try to silence them and make them conform to more contained ways of being
- Have a hard time contributing to them, as they don’t seem to need anything
- Feel dominated, intimidated, overshadowed and/or overwhelmed by the largeness of their presence, emotions, needs and desires

Ways of being that generate evidence that validates identity:

- Constantly self-regulating, repressing and disconnecting from their needs and desires in order to play smaller in life
- Creating relationships with people who are threatened by their tendency towards demonstrative self-expression
- Creating life situations where self-containment is required of them
- Lacking structures in their life that would allow them to express the fullness of their gifts and their greatness into the world
- Staying in situations and circumstances that are too “small” for them, rather than let go when it’s time and moving on to larger, more expanded venues for self-expression



Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I am too big, too loud, too much for others to handle

Others:

- Being myself fully threatens others
- Others will come up short if I am fully myself
- Since I'm more capable and gifted than others, I'm the one who always needs to be giving and not receiving. Therefore, I don't get to have needs
- Others can't handle me

Life:

- The world does not want the fullness of my self-expression
- I take up too much space

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am a profound light to the world and the vastness of my being blesses all.
- I give myself permission to fully express myself in every area of my life.
- The full expression of my gifts, talents, brilliance, and knowing is necessary for the well-being of all.
- I open myself to receive the support and sponsorship I need in order to actualize my greatness and unleash the full power and force of who I am into the world.
- The fulfillment of my needs and desires is necessary to my complete expansion. I have a great destiny and a big contribution to make, and I must receive the fulfillment of my deepest needs and deepest desires in order to fully become myself.
- I am the power and the presence of God ^{and Goddess} that is deep enough and wide enough to contain the entirety of my inner experiences.
- I welcome all of my feelings, needs and desires. They are not too much for me.

Key Shift: From being victimized by the absence of a big enough space , to awareness of context and the power to create a context that enables them to express their whole self.



Key Skills and Capacities to Cultivate:

- The ability to be aware of the context and set outcomes based on creating contexts that allow them to express themselves fully.
- The ability to name, welcome and witness all of their feelings, needs and desires, expanding their capacity to hold and contain the entirety of who they are (no longer treating their feelings, needs and desires as though they are “too much” for them)
- The ability to expand their capacity to receive support and sponsorship from others
- The impact you are having upon others, learning to tune in to others and “read” the effect you are having on them, so you can ensure that your true intention is being served





I'M POWERLESS

(a.k.a. I'm Small and Weak, I'm Helpless, Im not Big Enough)

SUMMARY

Key Mechanism: Unaware of their own needs in the areas they struggle in, and unaware of how to access the support and resources they need.

Image: Having a gold mine, but no equipment to access the gold.

Main indicators (behaviors/habits to look for):

- Simultaneously powerful, yet powerless to get needs met
- Can't locate their power if they're not holding a position of power
- Physically very strong or big
- Have a hard time being vulnerable
- Make themselves indispensable
- Play the role of the hero
- Minimize the contributions of others in their own success
- Others idealize them and think they don't have any problems/need

Deeper Truth Power Statement: I am a powerful leader, here to serve the empowerment of all.

Key Shift: From assuming limited capacity in others and the non-possibility of getting needs met, to recognizing and owning their power to meet their own needs and get others to meet their needs.

Key Skills and Capacities to Cultivate: Effective strategies for empowering others to meet their needs, and setting others up to win with them, amplifying the power and gifts of others.

DETAILED DESCRIPTION

Strengths and Gifts:

- Holding a tremendous amount of power in the field, and can lead others to unprecedented levels of their own empowerment
- Possessing great charisma, which inspires people to follow and learn from them



- Possessing a big capacity to do great things in the world for the benefit of all beings, holding the power to lead humanity toward a new and brighter future

Main indicators (behaviors/habits to look for):

- Are uncomfortable if they are not holding a position of power in the room
- Are either physically very strong or very big (i.e., run triathlons, workout to extreme, or are overweight)
- Are usually the leader and rarely a follower
- Have a hard time being vulnerable with others, and rarely let people know what they need
- Make themselves indispensable and don't train others to take their place
- Frequently play the role of hero, and then make sure others know all they have done for them
- Often fail to cultivate new capacities since they feel power is their birthright and not necessarily something that needs to be tended to and grown
- Take credit for the accomplishments of others through marginalization or lack of acknowledgment

Others often...

- Initially feel empowered by them, but eventually feel held back in their presence and unable to step into any sense of real power
- Idolize them and make them their guru, projecting perfection upon them
- Perceive them as not having any problems or needs
- Have a hard time contributing to them because they already seem to know everything
- Experience them as unteachable and uncoachable
- Find them unapproachable
- Feel frustrated trying to get to know them because they are so deeply defended against hearing any feedback other than praise
- Feel talked at as opposed to communed with
- Feel unseen by them in ways that are confusing, given that they are so wise, know so much, and seem so caring
- Blame themselves for their deep feelings of inadequacy and inferiority around them
- Feel devalued and not acknowledged by them



Ways of being that generate evidence that validates identity:

- Presenting themselves to others as though they have it all together and don't need them for anything
- Using subtle ways of invalidating others' power—by trumping them, challenging their knowing, or by being contrary
- Putting up an invisible shield against hearing the whole truth, covertly letting others know that they only want to hear “positive” feedback
- Rest on their laurels rather than stay on their learning edge
- Being a know-it-all, constantly correcting others, or giving them unsolicited advice
- Failing to have other powerful people in their life who have permission to coach them
- Failing to cultivate good learning skills, assuming they already know everything, thereby limiting their ability to step into the fullness of their greatness and power

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I have no ability to influence situations, people or things around me
- I'm trapped surrounded by incompetent people and at their mercy

Others:

- Others are not as powerful as I am
- Other people are incapable and incompetent

Life:

- When others hold power, I am at their mercy

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am a powerful leader, here to serve the empowerment of all.
- I am great at learning new things. Being powerful means being powerfully able to stand in not knowing, and by sharing power and feeding power to others, I enhance my own power base.
- I am deeply receptive and open to coaching. Everyone I meet has something valuable to teach me.
- I am here to serve the full empowerment of others.



- I love to learn. I am an exceptional beginner.
- I am open and receptive to the feedback of others.

Key Shift: From assuming limited capacity in others and non-possibility of getting their needs met, to recognizing and owning their power to meet their own needs and allow others to meet their needs.

Key Skills and Capacities to Cultivate:

- The ability to create effective strategies for empowering others to meet their needs and setting others up to win with them, amplifying the power and gifts of others
- The capacity to learn new skills and venture into areas of not knowing as a way to increase your power and effectiveness as a leader
- The capacity to feed power to others
- The capacity to hold power alongside equally powerful peers
- The ability to be powerfully vulnerable and transparent about your doubts and what you don't yet know
- The ability to follow the lead of others
- The ability to extend generosity toward others, learning to acknowledge, appreciate and honor the contributions others make
- The ability to listen deeply to the wisdom of others
- The ability to simply say "I don't know" and stay open to new possibilities, learning to tolerate uncertainty as one of the most powerful places to stand





I'M A FAILURE (a.k.a. I'm a Mess, I'm a Screw-up)

SUMMARY

Key Mechanism: Lack of awareness of the strategies that will generate success – ways of showing up that create failure.

Image: Lottery winners who spend their money in the first year.

Main indicators (behaviors/habits to look for):

- Under-actualized and under-expressed relative to their potential
- Underdeveloped capacity for generating success
- Chronically disorganized, lacking clarity, unprepared
- Rarely keep their word and complete tasks
- Chronic feelings of shame, inferiority and guilt
- Others are irritated and disappointed with them for messing up
- Others are compelled to organize them
- Deeper Truth Power Statement: I am a powerful force of nature, here to have a great impact upon the world for the benefit and blessing of all beings.

Key Shift: From applying strategies that create failure, to investing time to develop strategies that create success.

Key Skills and Capacities to Cultivate: Building awareness about all the ways they create failure and then building skills for success.

DETAILED DESCRIPTION

- Strengths and Gifts:
- Powerfully generative and highly creative, visionary in their ability to see great advancement for all of humanity
- Possess a profound willingness to take on huge commitments and subsequently possess a great capacity for success
- Willing to take big risks in life, increasing their chance of having a profound impact on the world



Main indicators (behaviors/habits to look for):

- Under-actualized and under-expressed relative to their potential
- Underdeveloped capacity for generating success
- Chronically disorganized, lacking clarity, unprepared
- Rarely keep their word and complete tasks
- Chronic feelings of shame, inferiority and guilt
- Others are irritated and disappointed with them for messing up
- Others are compelled to organize them

Others often...

- Are adversely affected by things they've messed up, so feel chronically irritated and disappointed with them
- Feel compelled to try to organize them and keep them on track (particularly intimate partners)
- Can't trust them to keep their word and eventually learn to dismiss their promises
- Don't believe in them and lose confidence in their ability to realize their dreams

Ways of being that generate evidence that validate identity:

- Are late most of the time
- Chronically procrastinate
- Under-prepare for work they are contracted to deliver, in spite of their capacity to do a better job
- Lack structures to help them manage all the details of their life
- Lack structures to receive money for the gifts and talents they have
- Create disorder and disorganization in their environment due to poor follow-through, such as not paying bills on time, not opening their mail, etc.
- Take on more than they can realistically manage, resulting in poor performance
- Undersell their products or services, obligating them to do work for much less than they are worth and throwing their life into disarray because they can't manage their time and/or money



- Disappear and get out of communication when they are beginning to see they will be unable to fulfill on their promises, waiting until it's too late to communicate their needs for support

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I'm a loser
- I just can't succeed so it's not worth trying

Others:

- Others don't understand me
- Others are always mad at me
- Others will judge me if I open up to them

Life:

- No matter what I do, or how hard I try, I can never win

Power Statements to Anchor a New Story:

- Deeper Truth Power Statement: I am a powerful force of nature, here to have a great impact upon the world for the benefit and blessing of all beings.
- I am capable of generating my success.
- My work has profound value to others, so I can afford to slow down and do things right so that I am set up to win.
- I can create all the support I need to be successful.
- I came to the world to make a big contribution, and I trust myself to fulfill this mission.
- I possess extraordinary gifts and talents that are unique to me and that the world has never seen before.
- I can do this and I can do it successfully.
- My entire family is blessed by my ability to advance my success and level of influence in the world. At the center of their being, they are deeply supportive of and grateful for my success and fulfillment.
- In order to win in life, I need to let others know what is happening and how they can best support me.



Key Shift: From applying strategies that create failure, to investing time to develop strategies that create success.

Key Skills and Capacities to Cultivate:

- The ability to build awareness about all the ways they create failure and building skills for success, e.g., systems for organization, managing timelines, communication strategies. Saying “No” if they can’t commit to opportunities
- The ability to create systems and structures that provide for more order, and then make an effort to stick with them
- The capacity to manage timeframes and deadlines
- The capacity to graciously decline opportunities that sound exciting, in light of all the things that you are already committed to
- The ability to do less work but make it of a higher quality
- The ability to create structures to contribute your gifts to the world at a higher level
- The ability to harness the support that is available to you
- The ability to engage better communication strategies that allow you to communicate what is happening with more cohesion and clarity





I'M DIFFERENT (a.k.a. I'm a Freak, I'm Weird)

SUMMARY

Key Mechanism: Devalue their differences and define themselves based on being against/different from others.

Image: Harry Potter didn't fit into his muggle family.

Main Indicators (behaviors/habits to look for):

- Member of subcultures
- Feel like they rarely fit in – black sheep of the family
- Slightly quirky and weird
- Dress or decorate themselves in ways that make them appear different
- Behave socially in unpredictable, unique and unusual ways
- Self-doubt and self-hatred
- Others criticize them for not going with the status quo
- Others feel rejected by them and don't know how to connect with them

Deeper Truth Power Statement: I am gifted in unique and exceptional ways, and the world really needs what I have to offer.

Key Shift: From devaluing their differences, to seeing and expressing their differences as a contribution to others.

Key Skills and Capacities to Cultivate: The ability to appreciate their uniqueness, and their capacity to connect with and extend to others, along with social and leadership skills.

DETAILED DESCRIPTION

Strengths and Gifts:

- You are an innovator, a pioneer and a powerful trendsetter
- You are highly creative and can generate that which is new and unprecedented in the world
- You challenge people to think about things differently and open up the field to greater levels of creativity and possibility
- You have highly developed specialty skills



Main indicators (behaviors/habits to look for):

- Are a member of subcultures
- Feel like they rarely fit in
- Are the black sheep of the family
- Have a reputation for being slightly quirky and weird
- Dress or decorate themselves in ways that make them appear different (i.e., have a lot of tattoos, excessive piercings, bright blue hair, etc.)
- Behave socially in unpredictable, unique, and unusual ways
- Suffer from severe self-doubt and even self-hatred due to the absence of positive mirroring to validate and appreciate the uniqueness and value of who they are

Others often...

- Feel intimidated by them and nervous speaking with them
- Ostracize and exclude them
- Criticize them for not going along with the status quo
- Dismiss and devalue their opinions and contributions as irrelevant and/or not worthy of consideration
- Feel rejected by them
- Don't know how to connect with them
- Don't know how to contribute to them

Ways of being that generate evidence that validate identity:

- Joining subcultures and avoid mainstream society
- Living their life defiantly rebelling against the status quo
- Not being very friendly or accommodating of others who are more "straight" than them, and instead acting cool and indifferent
- Defining themselves by what they are against, as opposed to what they are for, and by what they are not, rather than by what they are
- Are a bit of a loner and often shun the company of others



Limiting Beliefs about self, others and life (beliefs to listen for):

Self

- I'm not normal
- There's something wrong with me
- I'm a freak

Others

- Others don't like me/think I'm weird
- Others don't get me

Life

- Life doesn't support me
- Life is lonely
- Life doesn't mirror my sensibilities

Power Statements to Anchor a New Story:

- Deeper Truth Power Statement: I am gifted in unique and exceptional ways, and the world really needs what I have to offer.
- My differences bless the world. Everything new in the world comes from someone like me who thinks and behaves slightly differently than others.
- My unique perspectives, gifts and talents are a profound contribution and essential to the evolution of the whole.
- I am an evolutionary warrior, here to inspire great innovation, transformation and change.
- I extend myself to others and create points of connection with those who are different from me.

Key Shift: From devaluing their differences, to seeing and expressing their differences as a contribution to others.

Key Skills and Capacities to Cultivate:

- Ability to appreciate their uniqueness, capacity to connect with and extend to others, along with social and leadership skills
- Deep appreciation for their own uniqueness and for how their differences are a blessing for all people, mainstream folks included
- Capacity to connect with and extend themselves to others in ways that put them at ease, while still maintaining their unique creative self-expression



- Social skills that engage and enroll people into who they are and the ways they see the world
- Leadership abilities





I DON'T BELONG (a.k.a. I'm Lost)

SUMMARY

Key Mechanism:

Lack of awareness about themselves at the deepest level to know what kind of communities they will fit into.

Image: Trying to be a cat, and fit in with cats, when you're a dog.

Main Indicators (behaviors/habits to look for):

- A pioneer and trailblazer – powerfully able to venture into uncharted and unexplored territories
- Long for a place to belong – sensing there is a beautiful field of connection happening somewhere and they are left out of it
- Feeling isolated, unable to connect, and unwelcome
- Stay on the periphery of communities and leave without closure
- Confused about the rules of the environment
- Leaving relationships when conflict happens – unable to navigate any level of conflict

Deeper Truth Power Statement: I came here to be seen and to have a profound impact on the world, and it is my responsibility to presence my visibility wherever I go.

Key Shift: From trying to fit in, to creating contexts where they know fully who they are, what they contribute, and from there, find points of connection with others.

Key Skills and Capacities to Cultivate: Ability to understand the context for engagement, social skills, and the capacity to experience strong relational bonds.

DETAILED DESCRIPTION

Strengths and Gifts:

- Highly creative and unique in their perspectives in a way that is evolutionary and inspires growth and development



- Pioneer and a trailblazer – powerfully able to venture into uncharted and unexplored territories
- Possess strong leadership abilities and are able to powerfully lead others toward their greater good
- Excellent at creating a profound sense of belonging for others
- Deeply cares about others and about making a contribution that is of benefit to the whole

Main indicators (behaviors/habits to look for):

- Leave communities frequently and often without proper closure, creating a chronic sense of loss, alienation and disconnection for themselves and others
- Throw away connections easily, failing to invest themselves in relationships they've spent time and energy creating, as though they were not that important
- Long for a place to belong, and are waiting for others to invite them to participate, deeply confused about why they are being ignored and not included
- Don't navigate conflict well, often leaving relationships when conflict is present, or disengaging so that the relationship cannot bond and deepen
- Stay on the periphery of groups and communities (i.e., come late and leave early, rarely volunteer to participate or give service, etc.)
- Only create community on their terms—usually as a leader and not as a member
- Feel chronically under expressed and unactualized

Others:

- Feel chronically dislocated, left out, and disconnected from groups and communities of people, unable to find their place in the world
- Feel chronically confused as to the context and/or the rules of their environment, baffled at how others seem to know what is going on when they don't seem to
- Feel covertly unwelcomed in almost every environment they enter, assuming that their presence is not really wanted and/or valued
- Forget to include them or assume they are not interested in participating
- Find they are unapproachable and difficult to get to know, experiencing them as having their energy pulled inwards
- Feel put off by them



- Don't seek them out, sometimes even treating them as though they were invisible
- Would be surprised to learn how deeply they long to be included in what they are up to
- Assume they know the basic rules of engagement for that particular culture/ community and are surprised, confused, and perhaps even turned off when they don't

Ways of being that generate evidence that validate identity:

- Rarely become a member of anything or, if they do, don't participate much in community/group activities
- Don't share of their true gifts and talents with the communities they find themselves in, keeping their brilliance inside as though it were inconsequential or unneeded by the group
- Not bother to learn the names of those in their communities, somehow dismissing the importance of getting to know people since, in their mind, it will only be temporary anyway
- Arrive late and leave early, thereby avoiding further relatedness and invitations to participate
- Not create appropriate structures that would support them to get their gifts and talents out into the world in ways that would allow them to be received and valued by others
- Fail to relate contextually to what is happening in the environment, not noticing the basic frames of reference, and thereby always being slightly out of synch with those they are with (i.e. don't understand the point of the meeting, are missing key information they would need to be able to navigate the conversation well, are confused as to the basic logistics of the class, etc.)

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I'm different from others
- I can't be myself

Others...

- Others don't like me
- Others don't see my gifts, my talents or my potentials
- Others don't care about me
- Others know more than I do



Life:

- I have no place in the world
- Life is chronically unactualized
- Life is frustrating and deeply confusing

Power Statements to Anchor a New Story:

- Deeper Truth Power Statement: I am a part of all that is, deeply related to all beings, and profoundly necessary to the well-being of the whole. Everyone, everywhere belongs to me and I to them.
- I am fully capable of understanding this environment, and of acquiring the information I need to thrive and participate fully.
- I am deeply related to everyone and to everything. Wherever I go, the more relatedness, connection and care is present.
- I am a true pioneer, venturing into uncharted territory as a leader and a trailblazer.
- I allow our differences to lead us into even deeper, more profound and satisfying relatedness with one another.
- I am a unique and essential citizen of the world. My contribution and authentic self expression is essential to the well-being of all.

Key Shift: From trying to fit in, to creating contexts where they know fully who they are, what they contribute, and from there, find points of connection with others.

Key Skills and Capacities to Cultivate:

- The ability to understand the context for engagement, social skills, and the capacity to experience strong relational bonds
- The ability to understand the context for engagement (i.e., the purpose of the meeting, the overall goal of the group, the cultural norms of the community, etc.) and engage inside of these norms
- The ability to understand the basic frames of reference for each environment you are in (i.e., studying the syllabus and the basic textbook of a class before it begins, looking at a map of the town you are visiting, reading the mission statement of the church you attend, reading the manual for the computer you just purchased, etc.)
- The ability to utilize social skills that include getting to know the needs and concerns of those around you, and cultivating authentic interest and curiosity in others



- The capacity to engage differences in ways that foster connection and belonging, and assist in the gathering of collective wisdom
- The capacity to experience strong relational bonds that last through time, through challenges and difficult conflicts, as well as through changes in the form of relationships
- The ability to participate and/or join in a group by volunteering your skills and talents for the benefit of the group





I DON'T HAVE

(a.k.a. I'm Poor, I'm Deprived, I'm Impoverished)

SUMMARY

Key Mechanism: Behaviors driven from a belief in scarcity and that who they are is someone who doesn't have wealth, resources, success.

Image: Family member who is constantly asking for a loan and never paying it back.

Main indicators (behaviors/habits to look for):

- Lack structures to create ongoing abundance
- Deprive themselves of what they love
- Chronically borrowing against own well-being, under-earning and overworking, and give talents and skills away for free
- Frequently in survival mode
- Core guilt around having what others don't have
- Feel depleted, deprived and exhausted
- Others are not moved to pay them for their worth and resent them for asking for it

Deeper Truth Power Statement: I am deeply loved by all of Life, and it is right and good for me to have the best life has to offer. Life grants me the power to generate profound levels of abundance and well-being everywhere I go.

Key Shift: From belief in scarcity, to the deeper truth of sufficiency—that there is more than enough for everyone to thrive.

Key Skills and Capacities to Cultivate: The ability to ask for what they need in ways that inspire others to fulfill the request, and the capacity to nurture, replenish and receive wealth, resources, and success

DETAILED DESCRIPTION:

Strengths and Gifts:

- Extremely generous, always sharing what they have with others. They would give the shirt off their back, and they are loved by many for their kindness and generosity



- A deep capacity for solidarity with the underdog, demonstrating profound loyalty, faithfulness, and an ability to have an impact as an advocate of others
- A great server

Main indicators (behaviors/habits to look for):

- Lack structures that would create ongoing abundance in their life
- Deprive themselves of the things they love and that make them happy
- Chronically borrow against their own well-being by overworking and underplaying
- Are deeply disconnected from their needs and desires, thereby fostering a lack of hope of ever having them fulfilled
- Experience serious and chronic money shortages
- Are frequently in “survival mode,” which never allows them to truly thrive in life
- Fear that having money would somehow separate them from others, and may even represent a betrayal of their “tribe”
- Feel like they are looking through a glass window at the goodness of life, which is always just out of reach and beyond their ability to create for themselves
- Feel that it is somehow more Godly to be poor than rich, following in the footsteps of the Saints
- Frequently feel depleted, deprived and exhausted trying to just keep up
- Display chronic patterns of self-neglect

Others often...

- Are not moved to pay them their worth and may actually resent them for asking that they do
- Don’t even perceive that they have needs and desires, let alone strive to meet them
- Are not moved to give gifts of value to them, even if they give them to others
- Don’t recognize or reward them for their acts of generosity and kindness
- Expect them to give others money when they do have it
- Are negligent in tending to them and their needs



Ways of being that generate evidence that validate identity:

- Give their time and talents away for free, or for much less than they are worth
- Under-earn and overwork
- Chronically create debt, rarely getting out from under it
- Rarely take vacations, or do much at all for pleasure and enjoyment
- Feel compelled to take care of other impoverished people at their own expense
- Shop for their clothes in thrift stores and/or yard sales
- Deprive themselves of the things they yearn for in life by giving away any extra money they have, or by choosing to pay down their debt instead of giving anything to themselves

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I'm a "have not"
- I don't deserve nice things

Others:

- Others get to have what they want but I don't
- Others need my money more than I do
- Others don't value me or what I have to offer
- Others don't give me what I want and need

Life:

- I can never have what I want
- Life is hard and then you die
- Life is deprived with scarcity everywhere

Power Statements to Anchor a New Story:

- Deeper Truth Power Statement: I am deeply loved by all of Life, and it is right and good for me to have the best life has to offer. Life grants me the power to generate profound levels of abundance and well-being everywhere I go.
- At the deepest level of my being, I open myself fully to receive and absorb all manner of love, support, money, recognition and reward, in order to truly thrive and flourish in life.



- I honor my needs and desires, and consider and care about my own well-being. Before giving anything away, I set aside enough time and money to give myself the things I love and that bring me pleasure in life.
- My well-being is my number one priority.
- I own my value and the value of what I provide. I assume that others would be happy to pay me what I'm worth.
- I love to have the finer things in life, and I welcome abundance into my life.
- I am deeply trustworthy with wealth and I open myself to generating wealth in all of its many forms into my life now. I spend my wealth wisely and in ways that enhance and bless my own well-being, as well as the well-being of all. The more I have, the more I have to give.
- I am fully capable of creating powerful structures for money and abundance in all of its forms to come to me, and I do so now.

Key Shift: From belief in scarcity, to the deeper truth of sufficiency—that there is more than enough for everyone to thrive.

Key Skills and Capacities to Cultivate:

- The ability to ask for what they need in ways that inspire others to fulfill the request
- The capacity to nurture, replenish and receive wealth, resources, and success
- The ability to generate structures that would allow you to receive money on an on-going basis, making sure that you price your services and what you have to offer according to the true value you provide.
- The ability to create a sense of abundance by giving yourself (and keeping) more than you need; holding onto overflow for no reason other than to simply “have” it
- The capacity to raise awareness of your needs and desires, and to give yourself those things
- The ability to expand your capacity to receive pleasure
- The ability to expand your capacity to nurture and replenish yourself
- The ability to expand your capacity to receive the goodness of life
- The ability to begin to play more and have more fun in your life
- The ability to ask others for what you need and desire in ways that inspire them to fulfill your requests and show up in powerfully supportive ways



- The ability to expand your ability to value and celebrate your accomplishments
- The capacity to increase your leverage in the world (i.e., get licensed, legitimize your company, get more training in areas that increase your value in the marketplace, etc.)
- The capacity to hold onto an unshakable inner sense that you are loved by all of life, no matter what challenges you are facing





I'M NOT IMPORTANT (a.k.a. I'm Not Heard)

SUMMARY

Key Mechanism: Unable to listen to self or others, as well as tending to speak in ways where others can't hear them.

Image: Toddler looking for attention from adults and throwing a tantrum

Main indicators (behaviors/habits to look for):

- Developmentally, they were not mirrored as a child
- Not feeling like others get what they're saying
- Feel compelled to assert and insist others listen
- Get easily worked up and make a big deal out of little things
- Feel the need to be the most important person in the room
- Take 10 minutes to say something that could be said in 1 min
- Chronic frustration that they can't impact others in way they feel they should be able to

Deeper Truth Power Statement: My participation and presence matter, and are important to the well-being and thriving of the entire community.

Key Shift: From trying to get others to hear them, to listening deeply to themselves and others.

Key Skills and Capacities to Cultivate: Generate their own leadership based on being deeply related to their inner calling. The ability to listen to themselves and speak their truth in ways that are engaging and inspiring to others.

DETAILED DESCRIPTION

Strengths and Gifts:

- Protector and guardian of the community, creating profound opportunities for others to thrive in life
- Master of procedures, able to provide organizational structures that cause profound well-being



- Make important and exceptional contributions to the whole
- Others feel significant and important when they are with them
- Exceptionally devoted and hardworking for the benefit of all

Main indicators (behaviors/habits to look for):

- Often feel like others are not really getting what they are trying to say, and feel compelled to assert and insist others listen to them
- Become easily worked up and make a big deal out of every little thing
- Feel the need to be a designated important person in the room, if not the most important person in the room
- Feel completely lost without a clearly defined role to play
- Take ten minutes to say something that could have actually been said in one
- Experience chronic frustration at not being able to impact others in the way that they feel they should be able to impact them

Others often...

- Feel like they are walking on eggshells around them, fearing “setting them off”
- Forget to include them in things
- Don’t remember their name or even that they’ve met them before
- Zone out when they speak
- Feel worn out by what occurs to them as they continually over-react to the petty details of life

Ways of being that generate evidence that validate identity:

- Making mountains out of molehills
- Disappearing themselves if and when they are not a designated an “important” person in the room (i.e., without an important role to play)
- Speak their truth in ways that disempower others, such as nagging, criticizing, whining and/or complaining, thereby inviting dismissal, disregard, and shutting them out
- Over-talk their perspective to the point of exhaustion, unable to hear when others are actually receiving what they are saying
- Wait for others to assign them an important role to play as though they were waiting for permission from others to become themselves, rather than initiating and generating their own leadership



Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I'm not listened to or valued by others

Others:

- Others don't think that what I have to say is important
- Others can't hear what I'm saying
- Other people are more important than I am

Life:

- I'm impotent to impact my environments

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** My participation and presence matter and are important to the well-being and thriving of the entire community.
- I listen to and hear myself always, as my feelings, needs and desires are important to me.
- I am an important and valuable member of the community, contributing to others in profound and powerful ways, regardless of whether my role is clearly defined at this moment.
- I possess skills and talents that are a blessing to others, and I am truly valued, richly rewarded, and deeply appreciated for my extraordinary and important contributions.
- I generate my own leadership, trusting that I am led to take my perfect place in the world through my intuitive knowing. I deeply listen to and trust the guidance I receive, knowing that it reveals my important role in the greater scheme of things.

Key Shift: From trying to get others to hear them, to listening deeply to themselves and others.

Key Skills and Capacities to Cultivate:

- The ability to generate their own leadership based on being deeply related to their inner calling, and the ability to listen to themselves and speak their truth in ways that are engaging and inspiring to others
- The ability to be skilled at asserting themselves in creative, engaging and appealing ways
- The ability to speak their truth in ways that are engaging and inspiring to others



- The ability to develop a relationship with themselves where they continually affirm and validate the value of their inner experience, acknowledging and embracing all of their feelings, needs and desires unconditionally (i.e., they hear themselves)
- The ability to understand and “hear” the non-verbal cues of others affirming receptiveness to what they are saying
- The ability to be “one among many,” staying deeply present to themselves and others, knowing their value to the community even when they are not the leader or given a clearly defined role to play
- The ability to initiate and generate themselves into the community without waiting for others to specifically invite or recruit them in





I'M INFERIOR

(a.k.a. I'm Not as Beautiful as ... I'm Not as Smart as... etc.)

SUMMARY

Key Mechanism: Constantly comparing themselves to others who they feel are more talented, beautiful, smart or accomplished.

Image: Common in children of celebrities, e.g. Olivia Newton John's Daughter

Main indicators (behaviors/habits to look for):

- Developmentally limited, feeling others in the family are more beautiful, talented, smart, or accomplished and feel they can't compete
- Perfectionistic, holding themselves to unrealistic standards
- In relationships where one person is always better and the other worse
- Fear being discovered as a fake or fraud
- Chronic and covert shame and insecurity
- Chronic frustration that they can't impact others in way they feel they should be able to

Deeper Truth Power Statement: All people come into the fullness of their power and their brilliance in my presence.

Key Shift: From comparison and competition with others, to focusing on their personal best and allowing others to be brilliant without it diminishing their own power and voice.

Key Skills and Capacities to Cultivate: The ability to accurately mirror their unique talents and strengths, and acknowledge their imperfections with humor and self-love.

DETAILED DESCRIPTION

Strengths and Gifts:

- Exceptional and extraordinary at almost everything they do, striving to achieve excellence at almost everything they apply themselves to
- Deeply care about all beings being able to blossom into unique brilliance and fullness of power



Main indicators (behaviors/habits to look for):

- Covertly compete with others
- Are perfectionistic and hold unrealistic standards of beauty and/or performance that they cannot live up to
- Create relationships where one person is always better and the other is always worse
- Fear being discovered as a fake and a fraud
- Experience a chronic and covert sense of shame
- Experience a deep and chronic sense of insecurity, a profound lack of confidence, and the absence of faith in themselves

Others often...

- Feel either puffed-up or diminished by them, feeling inferior or superior to them
- Pass them over for promotions, recognitions and/or awards in favor of others who are far less competent and accomplished than they may be
- Undervalue, underestimate, and/or under-recognize them constantly
- Sabotage their success because they feel jealous and envious of them

Ways of being that generate evidence that validate identity:

- Avoid and procrastinate doing their work because they assume it must be perfect in order to be acceptable and they fear it will not be up to par
- Become terrified and freeze at key moments where they must perform (i.e., speaking engagements, auditions, job interviews, etc.)
- Scan the room, comparing themselves to the most dynamic and attractive people in the room
- Covertly talk down to and/or diminish others
- Disappear and withdraw into themselves if they are not the obvious smartest, prettiest, or most accomplished person in the room

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I am less... beautiful/wealthy/successful/than others in a way that's shameful

Others:

- If I shine my brilliance, others will feel diminished



- Others will only love me if I am the best at everything I do, outshining everyone else
- The greatness of others diminishes me, and makes me look bad

Life:

- Relationships are disempowering and painful

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** All people come into the fullness of their power and their brilliance in my presence.
- All women come into the fullness of their power, their radiance, their beauty and their brilliance in my presence. Women everywhere are my sisters in shine.
- I keep council with queens, each of us enhancing and blessing one another with our beauty, our radiance and our brilliance, as we share our unique gifts and talents with the world.
- My brilliance and my power is a mirror of the greatness of all beings.
- It is the natural order of life for all beings to shine and share our gifts with the world.
- My shining from the center of my power awakens the brilliance and power in all beings.
- I care deeply that all beings feel good about themselves, including me.

Key Shift: From comparison and competition with others, to focusing on your personal best and allowing others to be brilliant without diminishing your own power and voice.

Key Skills and Capacities to Cultivate:

- The ability to accurately mirror their unique talents and strengths back to themselves, fully seeing and owning their own uniqueness and brilliance each and every day
- The capacity to hold their power in the presence of others who are also holding theirs, realizing that power is not exclusive
- The ability to name and reveal their imperfections and flaws with humor and deep self-love
- The ability to see the various unique expressions of beauty and brilliance in each person they meet, learning to appreciate the many shapes, sizes, colors and forms that gifts and talents come in





I'M WORTHLESS

(a.k.a. I'm Not Valuable, I'm Disposable, I'm Not Special)

SUMMARY

Key Mechanism: A lack of awareness of the value and contribution they make, and a tendency to under-represent their gifts, talents and capacities.

Imagine: A lack of awareness

Main Indicators: (behaviors/habits to look for):

- Developmentally – receives negative mirroring about their value
- Never quite enough money – not spending money on self or wasting money on things that don't support them
- Leaves relationships at the first sign of trouble
- A chronic sense of depletion
- Not clearly seeing the value or contribution they make
- Feeling deeply insecure, inferior and inadequate
- Others chronically undervalue and underestimate them

Deeper Truth Power Statement: I am a valued member of the tribe. I contribute extraordinarily valuable gifts and talents for the well-being of all. I own the full value of my unique gifts and talents, treasuring and esteeming them, and I deeply value the gifts and talents of others.

Key Shift: From undervaluing their worth, to valuing their contribution and representing themselves in a way that conveys their worth to others

Key Skills and Capacities to Cultivate: Ability to assess and anticipate their own needs, and presenting themselves in ways that convey their worth.

DETAILED DESCRIPTION

Strengths and Gifts:

- Excels at creating and contributing things of great and profound value for the well-being and advancement of all
- Possesses a deep humility and has an extraordinary capacity for empathy and connection with others, enabling them to dissolve and transcend barriers and differences



- Possesses a keen ability to feel into and to meet the true needs of others, rather than just the surface needs that are being expressed
- Others feel profoundly valued and loved by them

Main indicators (behaviors/habits to look for):

- Has problems with money, never having quite enough
- Throws themselves away—having sex with people who don't love them, giving away their money, services, and/or time for free, or for much less than their value
- Not spending money on themselves even if they have it, and/or wasting the money they have on things that don't really support them or bring them pleasure
- Leaving relationships easily, giving up on them at the first sign of trouble and/or conflict, or staying in relationships too long with people who don't value them or treat them with respect
- Not clearly seeing the value or contribution they make, and therefore have a hard time esteeming themselves
- Experiencing a chronic sense of depletion
- Possessing a certain survival vigilance and a "land on your feet" resourcefulness due to the chronic experience of unpredictable change and loss
- Feels deeply insecure, inferior and inadequate most of the time

Others often...

- Chronically devalue and underestimate them
- Are not inspired to invest in them, and if they do, invest at a minimal level
- Leave them without warning
- Don't value what they provide, often abusing them and taking advantage of their generosity
- Don't pay them what they're worth
- Don't advance them or support and sponsor their blossoming and becoming into the world

Ways of being that generate evidence that validate identity:

- Greatly under-represent their gifts, talents and capacities
- Not creating structures for abundance to come to them
- Either under-price or over-price their services and wares



- Present themselves in haphazard, inconsistent and slipshod ways
- Are unclear when it comes to matters of money (i.e., undercharging people, forgetting to bill them for services rendered, etc.)
- Giving away or throwing away things that are actually valuable to them
- Putting themselves into financial jeopardy by giving their money to those who they think need it more
- Shopping in cheap stores, filling their home with things that are not valuable that they don't care much about and can throw away easily
- Rarely providing for themselves in ways that would cause them to thrive in life
- More apt to rent than own, lease than purchase, or be a contracted employee rather than a full-time employee, always metaphorically leaving one foot out the door
- Rarely celebrating their accomplishments, often diminishing and devaluing their achievements
- Chronically borrowing against their own well-being

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- It doesn't matter that I'm not well, happy, tired or unfulfilled

Others:

- Others don't notice or remember me
- No one will buy what I have to offer if I price it at its value
- Others will leave if they are displeased with me

Life:

- My life has little value
- Life is worthless

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am a valued member of the tribe. I contribute extraordinarily valuable gifts and talents for the well-being of all. I own the full value of my unique gifts and talents, treasuring and esteeming them, and I deeply value the gifts and talents of others.
- I own my own value and I receive validation and appreciation of my worth from others. I own the impact I have on others.



- I own the value of my gifts and talents, and I express them in unique and purposeful ways.
- I am profoundly recognized and richly rewarded for who I am and for the value of what I contribute. People are inspired to support me, invest in me, and sponsor my greatness into the world.
- I value all I have and all I am.
- I create structures that provide me with profound financial well-being. I am a powerful person, capable of generating more than enough money to meet all of my needs and then some.
- The more I value and esteem myself, the more others are awakened to value and esteem themselves, too. My success opens up the possibility for others to be successful.
- My loved ones are blessed by my accomplishments and financial well-being. My entire family is enhanced by my success.
- I deeply see and anticipate my own needs and create structures for their fulfillment in advance.

Key Shift: From undervaluing their worth, to valuing their own contribution and representing themselves in a way that conveys their worth to others.

Key Skills and Capacities to Cultivate:

- The ability to assess and anticipate their own needs and present themselves in ways that convey their worth
- The ability to expand their capacity to receive and structure around money
- The ability to create structures for money to come to them
- The ability to present themselves in ways that convey their worth to others
- The ability to not take things personally
- The ability to assess and anticipate their own needs as it relates to their time, their finances, and their need for recognition and reward
- The ability to create systems for clarity around how much money they have
- The ability to receive
- Ability to say “no” and set limits with others while maintaining relatedness
- The ability to use conflict-resolution skills so they can navigate difficult passageways in their relationships better
- The ability to create safety nets (i.e., health insurance, savings account, etc.)





I'M BAD

(a.k.a I'm Evil, I'm Going to Get In Trouble, I'm Selfish,
It's My Fault, I'm a Disappointment)

SUMMARY

Key Mechanism: Taking criticism personally and making it mean something about them, i.e. I'm bad. Black-and-white thinking – others are all good (and I'm all bad), and life will punish me if I'm not good.

Image: Abuse victim who blames themselves.

Main Indicators: Have an exceptional ability to help others due to a highly developed capacity for insight, empathy, perception and discernment.

- Highly creative and resourceful in their ability to think outside of accepted social norms
- Driven to be good to the extreme or rebel (back and forth)
- Highly self-critical, self-blaming and overly responsible
- Makes criticism personal – it means I'm bad
- Unable to reflect on behavior in ways that support growth
- Others being mad and blaming them constantly
- Black-and-white thinking – others are all good (and I'm all bad), and life will punish me if I'm not good

Deeper Truth Power Statement: I deeply care about other people. I am here to contribute to the evolution and advancement of humankind, and I create openings for the flow of life to emerge in new and powerful ways for all.

Key Shift: From personalizing criticism, to seeing it as developmental feedback and allowing themselves to be okay to make mistakes and miss the mark, knowing that even though they have growth edges, they are worthy of respect.

Key Skills and Capacities to Cultivate: Developing a growth mindset in situations, especially when you miss the mark, receive criticism, or feel like you have failed



DETAILED DESCRIPTION

Strengths and Gifts:

- Highly creative and resourceful in your ability to think outside of accepted social norms
- Possess a revolutionary spirit, creating new possibilities for society inside of your capacity to rebel against the status quo
- Capacity to contribute extreme goodness into the world
- Achieve a lot inside of taking a lot on

Main indicators (behaviors/habits to look for):

- Driven to be good to the extreme, or they may rebelliously act out, often vacillating back and forth between the two
- Self-blaming and overly responsible, often assuming responsibility for the poor behavior of others, believing it is all their fault
- Unable to self-reflect on their behavior in ways that promote wholesome growth, due to inability to distinguish taking responsibility from blaming and finding fault. Without the ability to take responsibility, however, their capacity for true development becomes limited.
- Over-committing themselves, trying to be the hero and then letting people down
- Frequently breaking their word to themselves and to others, disappointing others and themselves, and losing personal power due to inner incongruence
- Suffering from black-and-white “should” thinking, going right to judgment, and cutting off deeper and more subtle levels of inquiry and self-reflection.

Others:

- Blaming others, more than willing to let them to take all the culpability for what’s wrong, rarely admitting their own responsibility
- Complain that they don’t trust others and/or don’t feel safe with them due to their unpredictable and chronically disappointing behavior
- Are chronically upset and irritated with them
- Threaten to punish others if they don’t do what they want them to do
- Remain under-developed due to a lack of accountability for their own poor behavior (though willingly taking on the role of scapegoat)



Ways of being that generate evidence that validate identity:

- Create situations where others have unrealistically high expectations of them and/or are overly dependent upon them for things that are important, and end up being let down
- Bait others to punish them for that disappointment
- Berate themselves by being highly self-critical and self-judgmental, thereby stunting their own growth and development due to non-generative self-reflection
- Take on heroic roles, martyring their own deeper feelings, needs and desires for the real or imagined feelings, needs and desires of others in order to feel good about themselves
- Take responsibility for the poor behavior of others, not holding others accountable for their part and therefore enabling them
- Become preoccupied with getting the approval of others, giving away their power to determine how they feel about themselves
- Have unrealistically high expectations of themselves to be perfect, good and/or altruistic all of the time
- Demonstrate perfectionistic thinking, evaluating and categorizing things as all good or all bad, all right or all wrong, with any little infraction making others all bad and/or all wrong, too

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I'm always getting into trouble
- I can never do it right

Others...

- Others are all good (and I am all bad)
- Others are always angry with me

Life:

- "Life will punish me if I'm not good"

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I deeply care about other people. I am here to contribute to the evolution and advancement of humankind, and I create openings for the flow of life to emerge in new and powerful ways for all.



- I see and accept my imperfections and shortcomings with clarity and deep humility, and I hold myself accountable to grow beyond them.
- Mistakes are a normal and natural part of life. My power lies in my ability to learn from my mistakes and to grow from them, and not in being perfect.
- I embrace and accept all parts of myself, recognizing with deep humility my own humanity and my need to evolve.
- I trust other people's ability to take care of themselves and to be responsible for their own choices and behavior.
- I am the ultimate authority of my own life and I take full responsibility for the choices I make and the actions I take.
- Other people's upsets are often just the expression of their inability to meet their own needs. At the center of my being, I am deeply well meaning, good and trustworthy.

Key Shift: From personalizing criticism, to seeing it as developmental feedback and allowing themselves to be okay to make mistakes and miss the mark, knowing that even though they have growth edges, they are worthy of respect.

Key Skills and Capacities to Cultivate:

- The ability to approach life with a growth mindset in all situations, but especially when you miss the mark, receive criticism, or feel like you have failed
- The ability to transform how feedback and conflict are navigated and engaged, and using them for growth
- The ability to accurately self reflect with genuine humility, discernment and curiosity, which allows psychological, emotional and moral development to occur
- The ability to connect with and name your true feelings, needs and desires in order to accurately assess what you do and do not have to give, learning to resist the impulse to overextend yourself beyond your capacity
- The ability to assess and honor your own authentic values over the inherited values of your environment and/or culture
- The ability to set realistic expectations of yourself and others based upon self-awareness and acceptance of your strengths and limitations, and learning to set appropriate boundaries accordingly
- The ability to accept all parts of yourself without judgment, even when those parts of yourself don't make sense to you or don't fit current cultural dictates of what is considered proper



- The capacity to discern what belongs to you vs. what belongs to another so that you can give up being overly responsible, and begin holding others accountable for their poor behavior and/or their less than pure motives
- The ability to live with ambivalence, shades of gray, imperfection, and uncertainty





I'M UNWORTHY (a.k.a. I Don't Deserve)

SUMMARY

Key Mechanism: Disconnection from one's essential goodness and the foundational right to a place in existence.

Imagine: Classic lone hero's/warriors in stories, .e.g. John Snow in Game of Thrones, Frodo in Lord of the Rings, Harry Potter

Main Indicators: (behaviors/habits to look for):

- Lack of a healthy entitlement for getting needs met
- Inability to receive from others
- Compelled to meet the needs of others at their own expense
- Accomplishment driven and a workaholic
- Chronically feeling depleted and exhausted
- Others become overly dependent on their generous nature and feel entitled that they should take

Deeper Truth Power Statement: I am a humanitarian lover of the entire world. All of creation belongs to me and I lovingly tend to the well-being of all beloved creatures of the earth, including myself.

Key Shift: From disconnecting, to connecting with their essential goodness and the right to have a place in existence.

Key Skills and Capacities to Cultivate: Develop skills to take up space, have a voice and participate in life.

DETAILED DESCRIPTION

Strengths and Gifts:

- Profoundly generous and altruistic, often either giving away large sums of money or inspiring others to give to worthy causes
- Deeply sensitive to the suffering of others, possessing a huge capacity for compassion and kindness
- A high achiever with an excellent work ethic



- A great healer, possessing powerful leadership skills to inspire others to rise to a level of love and generosity that is extraordinary

Main indicators (behaviors/habits to look for):

- Suffering from a lack of healthy entitlement when it comes to getting their needs met
- Experience an inability to receive from others
- Feel compelled to meet the needs and desires of others, often at their own expense
- Are profoundly un-self-nurturing, and may be unclear about how to meet their own needs and desires
- Have difficulty taking in or receiving nurturing and care, even when it is given with no strings attached
- Are accomplishment driven and prone to workaholism
- Experience chronic feelings of emptiness underneath the activities of their life
- Feel chronically depleted and exhausted by how much they give and how little they receive back
- Feel guilty for having things that others don't have
- Frequently find themselves playing the martyr

Others often...

- Feel that no matter what they do for them, it's never enough to make them happy
- Feel drained and depleted trying to take care of their needs when they won't take care of their own
- Feel unaccomplished, selfish and/or lazy compared to them
- Become dependent upon their overly generous nature and cease to self-generate
- Expect them to do for others what others could do for themselves, feeling entitled to be taken care of, even if it is ultimately unhealthy

Ways of being that generate evidence that validates identity:

- Are deeply disconnected from their own needs and desires, and are much more aware of the needs and desires of others than they are of their own
- Gives more than they realistically have to give



- Sacrifices their own well-being for the real or imagined needs and desires of others
- Rarely asks for what they need and desire, even when they know what that is
- Has difficulty setting limits or saying “no” to requests for their help
- Compulsively reciprocates any acts of generosity from others as though they were indebted to them
- Get themselves into debt, never having enough to truly take care of themselves
- Don't set relationships up inside of mutuality, but rather train people that they are the giver and others the receiver
- Give away their time, talents and services for much less than they are worth
- Give away their money before adequately caring for their own needs

Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I don't have the right to take up space, have a voice or exist

Others:

- Others can't fend for themselves and need me to do it for them

Life:

- There is not enough to go around

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** I am a humanitarian lover of the entire world. All of creation belongs to me and I lovingly tend to the well-being of all beloved creatures of the earth, including myself.
- I honor my needs and desires as holy and prioritize my well-being over caring for others.
- Taking care of my own well-being is my number one priority. All of my needs and desires matter and would be taken into account at all times.
- At the deepest level of my being, I open myself fully to receive and absorb all manner of love, support, money, recognition and reward in order to truly thrive in life.
- People love to get underneath (albeit briefly) me to support and sponsor the fullest expression of my greatness into the world.



- A field of synchronicity, magic and miracles constantly generates itself around me, affirming my privilege and my power to truly give and receive all that I am meant to give and receive in this lifetime.
- I gracefully and gratefully receive from others, releasing any impulse to reciprocate from obligation or duty.
- I am a deeply kind and compassionate person who has come to bless the world. I recognize my own inherent value, and give from a place of overflow, abundance, and as an act of profound self-expression.

Key Shift: From disconnection, to connecting their essential goodness and right to have a place in existence.

Key Skills and Capacities to Cultivate:

- The ability to develop skills to take up space, have a voice and participate in life
- The capacity to be deeply present to the suffering of others without rushing to rescue, to fix, or to give what you perceive to be missing
- The capacity to be deeply present with your own inner experience, learning to connect with your deeper feelings, needs and desires
- The ability to say “no” while maintaining open-hearted relatedness, when you don’t have it to give
- The capacity to nurture and replenish themselves, discovering what brings them joy and pleasure, and then making those activities a necessity rather than an option
- The capacity to listen to the needs and desires of others without taking them on as theirs to fulfill
- The ability to truly receive from others
- The ability to mirror back to themselves and validate their calling in the world, knowing that while it may feel like a huge task, they are a great soul and have access to the help and support they need to be able to fulfill their destiny





I'M WRONG (a.k.a. I'm a Mistake)

SUMMARY

Key Mechanism: Continually making the wrong decision because they didn't trust themselves.

Image: Navigating with a broken compass

Main Indicators: (behaviors/habits to look for):

- Making constant mistakes and messing things up
- Blames themselves for everything that goes wrong
- Plays it safe/risk averse
- Has difficulty making decisions and second guesses decisions
- Feels rejected by others for being themselves
- Hard time distinguishing between being responsible vs. being wrong
- Others blame, shame and judge them
- If others knew who they really were, they wouldn't love them

Deeper Truth Power Statement: There are no mistakes in nature. Who I am and what I have to contribute is profoundly necessary to the well-being of all.

Key Shift: From focus on being right or wrong, to being aligned and congruent – making decisions and taking actions from deep alignment with their truth.

Key Skills and Capacities to Cultivate: Develop intuitive abilities and take actions that align with what they know to be true.

DETAILED DESCRIPTION

Strengths and Gifts:

- Possesses deep compassion and a profound ability to accept the humanity and limitations of others
- Powerfully forgiving and possessing a deep humility that inspires trust and creates deep-rooted love and loyalty with others

Main indicators (behaviors/habits to look for):

- Makes constant mistakes, and frequently messes things up
- Blames themselves for everything that goes wrong



- Feels compelled to play it safe and has a severe aversion to taking risks
- Constantly makes themselves and/or others wrong
- Has a very difficult time making decisions and then second guesses the decisions they do make
- Makes poor decisions and then beats themselves up for it
- Plays way too small and lives a life that's compromised and largely unexpressed, given the vision they have of what is really possible for them
- Feels rejected by others simply for being themselves
- Has a hard time distinguishing being responsible vs. being wrong.
- Has no ability to take responsibility, and their capacity for growth becomes limited

Others often...

- Make mistakes and mess up around them
- Blame them and/or are chronically irritated with them, frequently making them wrong
- Shame them when they dare to be authentically who they are
- Become frustrated and lose patience with them regarding their indecisiveness, and may even lose respect for them because of it
- Judge them and are extra hard on them

Ways of being that generate evidence that validate identity:

- Setting themselves and others up unconsciously to make mistakes (i.e., lose keys, forget appointments, misplace important documents, etc.)
- Chronically berate themselves and engage in punitive dialogue with themselves both silently within and out loud to others, even to the point of calling themselves names
- Make themselves wrong constantly, making it difficult to truly learn from their mistakes
- Undermine their decisions by compulsively picking them apart with their mind, overriding their inner knowing and their inner conviction of what truly represents right action



Limiting Beliefs about self, others and life (beliefs to listen for):

Self:

- I can't trust my instincts

Others:

- If others really knew who I am, they wouldn't love me
- Others know better than I do what is right for me

Life:

- My whole life is a mistake
- The world doesn't want me or what I have to offer

Power Statements to Anchor a New Story:

- **Deeper Truth Power Statement:** There are no mistakes in nature. Who I am and what I have to contribute is profoundly necessary to the well-being of all.
- All of my mistakes help me to learn and to grow in ways that are profoundly important to my full self-expression in life.
- I deeply accept my humanity and the totality of who I am. I embrace those parts of myself that are quirky, uncommon and exquisitely unique.
- Whatever is, is deeply good. There are no mistakes in creation. There is nothing wrong with how the Universe made me, and I now embrace the totality of who I am with deep love and deep compassion.
- I trust my inner knowing and I navigate my life inside of my profound partnership with the force and field of life greater than myself with ease and grace, receiving all the guidance I need to make sound and wise decisions.
- There's a divine order and purpose for the uniqueness and diversity of all life.

Key Shift: From focus on being right or wrong, to being aligned and congruent – making decisions and taking actions from deep alignment with their truth.

Key Skills and Capacities to Cultivate:

- The ability to develop intuitive abilities and take actions that align with what they know to be true
- The ability to learn to be responsible without making themselves wrong
- The ability to tap into intuitive capacities by learning to listen to and navigate their inner-wisdom voice
- The ability to learn good decision-making strategies



- The ability to step into a deeply accepting and appreciative relationship with themselves, by validating their uniqueness and the exceptional contributions they have to make
- The ability to notice when they are making themselves wrong and choose to stop self-destructive and undermining thinking as soon as they notice it
- The ability to develop risk-taking abilities by learning to walk through fear courageously
- The ability to be responsible for yourself and what you're causing without making yourself wrong

