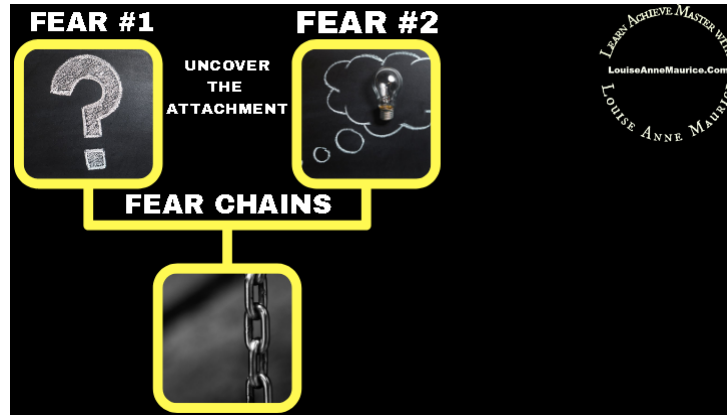


Empowered You Part 2

In the Empowered You Part 1 video [CLICK HERE TO WATCH](#), you were given a framework to map out the CHAINS that keep you STUCK.

In Part 2, we look at the Fear of Rejection and Louise offers some strategies for moving past this fear that keeps so many people stuck. If fear of rejection was not one of the fears you identified, you can still use the questions and apply it as needed.

STEP #1 - UNRAVEL THE FEAR OF REJECTION



COACHING QUESTIONS TO UNRAVEL:

- 1) What benefit do you get from attaching to the fear of rejection? Example responses - I avoid getting hurt. I stay comfortable. I get to blame others for my circumstances.
- 2) What is it that you are really afraid of? Example responses - That I am defective. That everything I was told about myself is true. That I am no good.

As you continue down this path with yourself or your client, you begin to understand that fear of rejection is keeping you or your client safe. It is protecting that core vulnerability.

COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Describe the world or situation that triggers the fear of rejection. Example: Attending a networking meeting and saying the wrong things. Attending family functions and reacting to comments. Meeting new people and feeling like a don't fit in.

Have them describe how they feel in those moments or what their experience is in those moments.

Play a game of opposite world or opposite situation. In that world you or your client are the

opposite of what they just described.

What would that look like? What would that sound like? What would that feel like?

STEP #2 - BE A PART OF THE SERIES



Over the next 12 videos in the Empowered You Series, we will unravel the chains and guide you to develop a new framework that empowers you!

Subscribe to the [Louise Anne Maurice YouTube Channel](#) so you don't miss any activity in the Empowered You Series.