

## Empowered You Part 3

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In the Empowered You Part 2 video [CLICK HERE TO WATCH](#), you were given coaching questions and an activity to unravel the fear of rejection

In Part 3, we look at the Fear of Criticism and Louise offers some strategies for moving past this fear that keeps so many people stuck. If fear of criticism 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 CRITICISM



### COACHING QUESTIONS TO UNRAVEL:

- 1) Were you criticized as a child? If yes, what words were used to criticize you as a child? Example responses; I was told that I was wrong, stupid, bad, not doing it good enough, etc.
- 2) How did you react when you were criticized? Example responses; I would act out, I would rebel, I would cry, I would defend myself, I would retreat within, I would eat etc.
- 3) When you are criticized today, how similar are your reactions? Example responses; identical and I take everything personal.

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

### COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them describe the feelings associated with the words used to criticize them as a child.

Play a game of desensitization. Say their trigger word using a scolding voice and have them rate each word with the intensity of the feeling on a scale of 1-10

Continue to do this but have them SEE the critical words now being used to describe the person who is criticizing the child.

Who is the person? How does that word describe the person using it? What does their criticism say about them and their situation? What is the intensity of that word now on a scale of 1-10?

## 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.