

## Empowered You Part 4

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In the Empowered You Part 3 video [CLICK HERE TO WATCH](#), you were given coaching questions and an activity to unravel the fear of criticism.

In Part 4, we look at the Feelings created from the fears; specifically the fear of rejection and the fear of criticism. Louise offers some strategies for moving beyond the feeling of humiliation that keeps so many people stuck. If humiliation was not one of the feelings you identified from the original framework ([CLICK HERE TO WATCH THAT VIDEO](#)), you can still use the questions and apply it as needed.

### STEP #1 - UNRAVEL THE FEELING OF HUMILIATION



#### COACHING QUESTIONS TO UNRAVEL:

- 1) Were you humiliated as a child? If yes, what actions were used to humiliate you as a child? Example responses; I was cast-out and sent to my room, I was made fun of and laughed at, etc.
- 2) How did you react when you were humiliated? Example responses; I would agree and humiliate myself to belong, I would rebel, I would shut-down to fit in, I would eat etc.
- 3) When you are humiliated today, how similar are your reactions? Example responses; identical and being humiliated feels normal.

As you continue down this path with yourself or your client, you begin to understand that the feelings of humiliation feel normal because these feelings are locked into their cells' memory.

#### COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

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

Play a game of desensitization. Act out the trigger actions and have them identify where in their body they feel the reaction and have them rate the intensity of the feeling on a scale of 1-10

Now act out the opposite by complimenting them or accepting them. Now have them describe the feeling. Does this feel normal?

## 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.