

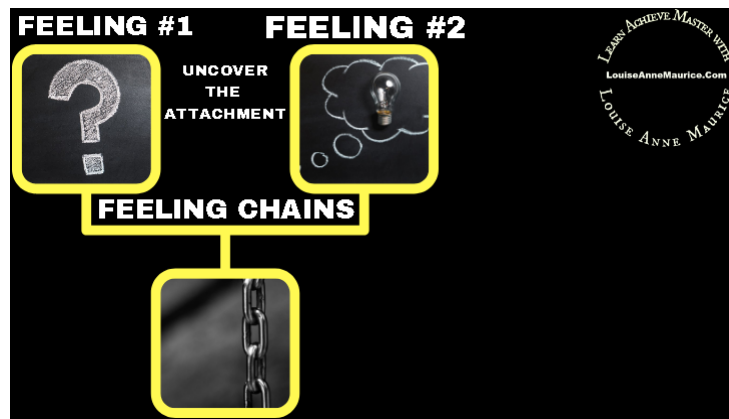
## Empowered You Part 5

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In the Empowered You Part 4 video [CLICK HERE TO WATCH](#), you were given coaching questions and an activity to unravel the feeling of humiliation

In Part 5, we look at the Feelings of Fraud created from the fear of criticism. Louise offers some strategies for moving beyond the feeling of fraud that keeps so many people stuck. If fraud 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 CHAINS OF FRAUD



### COACHING QUESTIONS TO UNRAVEL:

- 1) When you were a child, were you encouraged to be yourself or discouraged? What self were you encouraged to be? What self were you discouraged from being?
- 2) What do you look for to determine if you are being approved of or disapproved of? Do you first look for a facial expression or do you wait for certain words to be expressed?
- 3) What persona got more love and acceptance? Is that the true expression of who you are?

As you continue down this path with yourself or your client, you begin to understand that the feelings of fraud feels normal because they do not know who they are and what they stand for only how to act or perform or behave to be accepted by others. This pattern is locked in their cells' memory.

### COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them make a list of 10 things they believe to be true about themselves. Are these true based on self-awareness or what they were told to be true growing up?

Have them make a list of 10 things others believe to be true about them. How do these beliefs keep getting reinforced?

Now role-play the reinforcement and then the opposite. How true does each one feel? Why does it feel true? Is this truth supportive of your goals or against?

## 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.