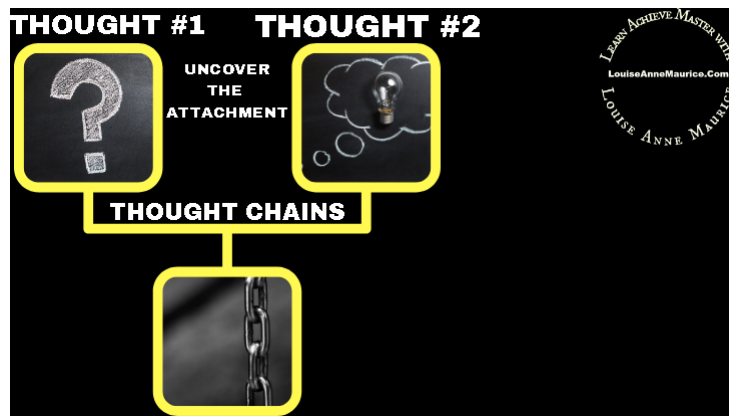


Empowered You Part 6

In the Empowered You Part 5 video you were given coaching questions and an activity to unravel the chain feeling of fraud. If you missed that, make sure you go to <http://www.youtube.com/c/LouiseAnneMaurice> to watch the videos you have missed in the series.

In Part 6, we look at the THOUGHTS created from the feeling of humiliation. Louise offers some strategies for moving beyond the thoughts of shame that keeps so many people stuck. If shame was not one of the thoughts 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 CHAIN THOUGHTS OF SHAME



COACHING QUESTIONS TO UNRAVEL:

- 1) What 3 standards were set for you as a child? These standards could be family rules such as 1) always tell the truth 2) always be a winner 3) always please people
- 2) How were you shamed when you did not live up to those standards? Example responses; I was grounded, I was silenced, I was punished. How did you think about yourself?
- 3) When you go against family rules today, how similar are your reactions? What self-shaming thoughts keep getting repeated?

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

COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them develop their own standards.

As they read these standards, ask them if they have permission to create new standards or does this make them feel disloyal.

How comfortable are they being the authority in their lives? What will it take for them to be loyal to themselves?

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.