

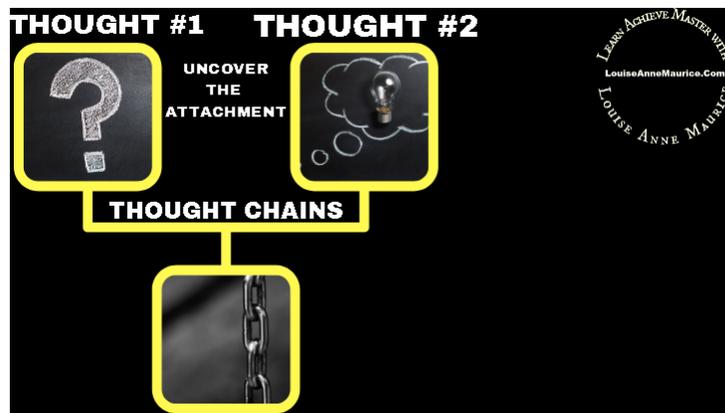
## Empowered You Part 7

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In the Empowered You Part 6 video you were given coaching questions and an activity to unravel the chain thoughts of shame. Didn't see that video? Simply go to <http://www.youtube.com/c/LouiseAnneMaurice> to watch the videos you have missed in the "EMPOWERED YOU" series.

In Part 7, we look at the THOUGHTS created from the feeling of fraud. Louise offers some strategies for moving beyond the thoughts of comparison that keeps so many people stuck. If comparison 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 CHAIN THOUGHTS OF COMPARISON



### COACHING QUESTIONS TO UNRAVEL:

- 1) Were you compared as a child to an older sibling or friend? If yes, were they favorable words that were used to compare you or unfavorable?
- 2) How did you begin to think of yourself when you were compared? Did you think that you were superior or inferior to others? How did these thoughts affect your behavior?
- 3) When you are compared today, how similar are your thoughts and reactions?

As you continue down this path with yourself or your client, you begin to understand that thoughts of superiority or inferiority brought on by comparison develop repeated patterns of behavior that are locked into their cells' memory.

## COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them begin to be aware of their automatic reactions when they are compared.

Have them describe the thoughts associated with the words used to compare them as a child.

Have them see themselves on a big TV acting out the trigger words. 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 have them act out the opposite words. As they see themselves on the big screen, have them describe the feeling.

Each time they have a thought after being compared, they go through this process to choose the feelings created by their thoughts.

### 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.