The Armory: A Deep Dive into Self Protection

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Exploring Your Core Narratives

As a successful woman wanting more success, it's critical to get crystal clear about what is protecting you and making you strong, but also might be creating too much of a barrier between you and other people, and your future "next level" self.

1.	What stories do you tell yourself about the world?	
2.	What stories do you tell yourself about men?	
3.	What stories do you tell yourself about other women?	



Ц. What stories do you tell yourself about yourself?	
Where are the stories true? Which are untrue?	
6. How do these stories serve you well?	
Which stories or part of the stories are not serving you well? (Aka: they support bad behavior, repetitive choices, or keep you stuck)	





Exploring Emotion

Choose the 5 feelings that you experience the most:

🔵 Нарру	Sad Annoyed	O Angry	🔵 Joyful
Amused	Helpful Resentful		C Energized
Confident	Appreciated Out of contro	l Connected	Afraid
Aloof	Motivated Calm	O Hopeful	Frustrated
Valued	In control Exhausted	C Excited	Exasperated
Proud	O Disrespected O Focused	Flustered	
Other:			

Choose 3 feelings from the list below that you wish you experienced more often in a normal day:

🔵 Нарру	Grateful	Joyful	Amused	Challenged
C Energized	Confident	Connected	Peaceful	O Motivated
Calm	Satisfied	Accomplished	Trusted	In control
O Hopeful	Appreciated	Valued	Respected	Included
C Excited	Proud	Other:		
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Self Protection

1.	What or Who do you feel the need to protect yourself from in your home?	
2.	What or Who do you feel the need to protect yourself from at work?	
3.	How do you protect yourself?	



Choose from the list or add your own in the space below

I try to be perfect	l apologize even when it's not my fault
l rewrite responses to emails over and over	l rarely wear anything feminine, girly or sexy
before I send	
	l do not socialize with work people
I need a drink before I can relax or be social	
	l work hard to please people who are
I have a lot of conversations with	important to me
individuals before I present to the group	
	l keep to myself
l always break up with someone first	
	l insist on paying for meals - at least my half
l apologize a lot	
	l keep busy
I clarify what people think I've said so they	
don't misquote me	l stay close to the boss to make sure we are
	aligned
I'm careful about who I tell what to	
	l keep my feelings to myself

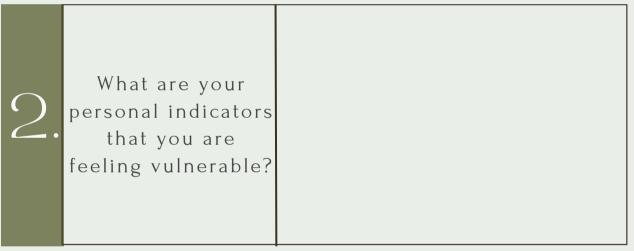
Choose from the list or add your own in the space below

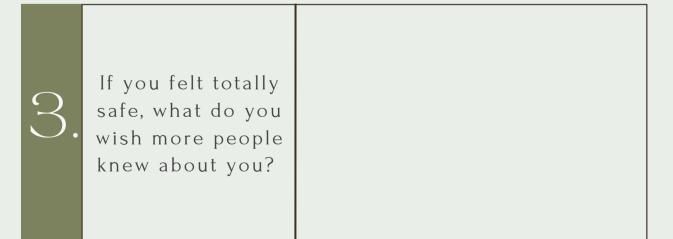




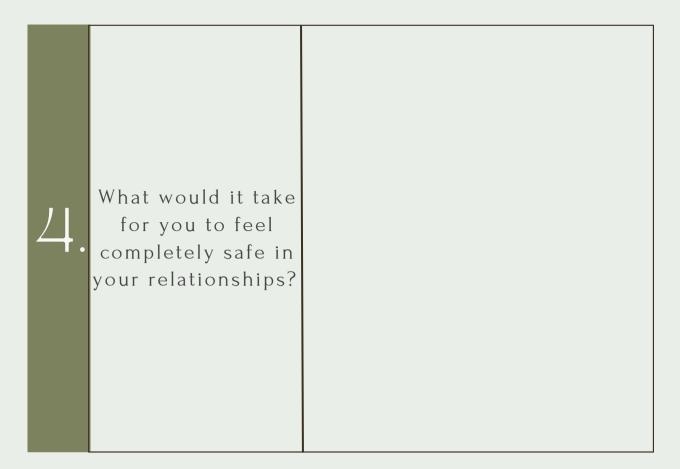
Naming the Vulnerability

1.	What situations or people make you feel the most vulnerable?
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Is the answer the same or different for home vs work? Articulate the differences for yourself.



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<u>www.avvi.me</u> info@avvi.me



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