

A decorative border with a repeating scroll and floral motif surrounds the entire page. In the center, there is a large, faint, stylized flower graphic that serves as a background for the title text.

The Armory:

A Deep Dive into
Self Protection



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EXPERIENCE

Part One:

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?

4.

What stories do you tell yourself about yourself?

5.

Where are the stories true? Which are untrue?

6.

How do these stories serve you well?

7.

Which stories or part of the stories are not serving you well? (Aka: they support bad behavior, repetitive choices, or keep you stuck)



Part Two:

Exploring Emotion

Choose the 5 feelings that you experience the most:

- | | | | | |
|---------------------------------|------------------------------------|--------------------------------------|---------------------------------|-----------------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Sad | <input type="radio"/> Annoyed | <input type="radio"/> Angry | <input type="radio"/> Joyful |
| <input type="radio"/> Amused | <input type="radio"/> Helpful | <input type="radio"/> Resentful | <input type="radio"/> Insecure | <input type="radio"/> Energized |
| <input type="radio"/> Confident | <input type="radio"/> Appreciated | <input type="radio"/> Out of control | <input type="radio"/> Connected | <input type="radio"/> Afraid |
| <input type="radio"/> Aloof | <input type="radio"/> Motivated | <input type="radio"/> Calm | <input type="radio"/> Hopeful | <input type="radio"/> Frustrated |
| <input type="radio"/> Valued | <input type="radio"/> In control | <input type="radio"/> Exhausted | <input type="radio"/> Excited | <input type="radio"/> Exasperated |
| <input type="radio"/> Proud | <input type="radio"/> Disrespected | <input type="radio"/> Focused | <input type="radio"/> Flustered | |
| <input type="radio"/> Other: | _____ | | | |

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

- | | | | | |
|---------------------------------|-----------------------------------|------------------------------------|---------------------------------|----------------------------------|
| <input type="radio"/> Happy | <input type="radio"/> Grateful | <input type="radio"/> Joyful | <input type="radio"/> Amused | <input type="radio"/> Challenged |
| <input type="radio"/> Energized | <input type="radio"/> Confident | <input type="radio"/> Connected | <input type="radio"/> Peaceful | <input type="radio"/> Motivated |
| <input type="radio"/> Calm | <input type="radio"/> Satisfied | <input type="radio"/> Accomplished | <input type="radio"/> Trusted | <input type="radio"/> In control |
| <input type="radio"/> Hopeful | <input type="radio"/> Appreciated | <input type="radio"/> Valued | <input type="radio"/> Respected | <input type="radio"/> Included |
| <input type="radio"/> Excited | <input type="radio"/> Proud | <input type="radio"/> Other: | _____ | |

Part Three:

Self Protection

1.	What or Who do you feel the need to protect yourself from in your home?	
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2.	What or Who do you feel the need to protect yourself from at work?	
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3.	How do you protect yourself?	
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Choose from the list or add your own in the space below

I try to be perfect

I rewrite responses to emails over and over before I send

I need a drink before I can relax or be social

I have a lot of conversations with individuals before I present to the group

I always break up with someone first

I apologize a lot

I clarify what people think I've said so they don't misquote me

I'm careful about who I tell what to

I apologize even when it's not my fault

I rarely wear anything feminine, girly or sexy

I do not socialize with work people

I work hard to please people who are important to me

I keep to myself

I insist on paying for meals - at least my half

I keep busy

I stay close to the boss to make sure we are aligned

I keep my feelings to myself

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

Part Four:

Naming the Vulnerability

1.	What situations or people make you feel the most vulnerable?	
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2.	What are your personal indicators that you are feeling vulnerable?	
----	--	--

3.	If you felt totally safe, what do you wish more people knew about you?	
----	--	--

4.

What would it take for you to feel completely safe in your relationships?

5.

Is the answer the same or different for home vs work? Articulate the differences for yourself.





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