

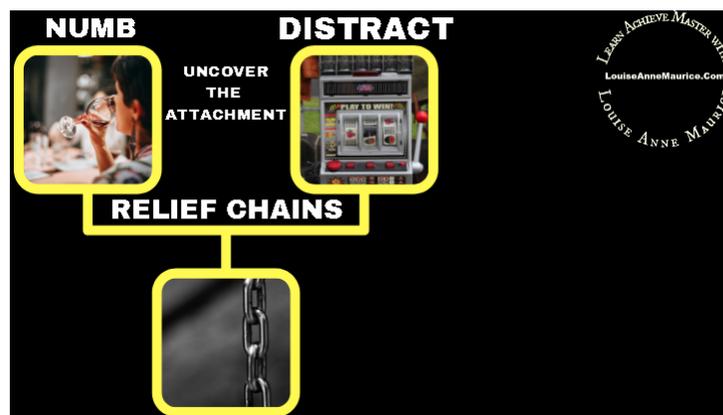
## Empowered You Part 12

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In the Empowered You Part 11 video you were given coaching questions and an activity to unravel the "not worthy" core belief. 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 12, we look at the short-term relief behavior created from the "NOT GOOD ENOUGH" CORE BELIEF. Louise offers some strategies for moving beyond the addictive relief chains that numbs people and keeps them stuck. If "numbing addictions" was not one of the relief chains 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 RELIEF CHAINS OF NUMBING ADDICTIONS



### COACHING QUESTIONS TO UNRAVEL:

- 1) Did you feel safe and secure as a child growing up? Did you grow up in an environment that comforted you with people who loved you?
- 2) What upset you as a child? How were you soothed? How did you soothe yourself?
- 3) When you are upset today; when you don't feel safe or secure, how do you soothe yourself?

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

## COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them identify forms of pain that are occurring in their life today (physical, mental, emotional or spiritual).

Have them locate in their body where they feel this pain and have them identify the types of pain relief they are using to combat this pain.

Now have them think of someone or something they unconditionally love (it could be a child, a puppy).

Have them feel the feeling of love directed at this person and now have them see this love as light being redirected to each of their pain points. Let them see the pain being dissolved into love and light.

Have them watch the [INSPIRATIONAL VIDEO](#) from 2013.

### 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.