

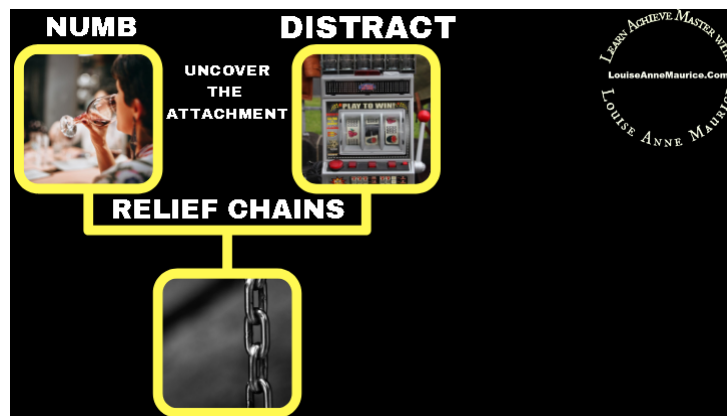
## Empowered You Part 13

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In the Empowered You Part 12 video you were given coaching questions and an activity to unravel the relief chains of numbing addictions. 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 13, we look at the short-term relief behavior created from the "NOT WORTHY" CORE BELIEF. Louise offers some strategies for moving beyond the addictive relief chains that distracts people and keeps them stuck. If "distracting 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 DISTRACTION



### COACHING QUESTIONS TO UNRAVEL:

- 1) Do you attempt something if you feel you will get it wrong? What do you believe to be true about making a mistake? What does making a mistake say about you?
- 2) If you agreed to do something but fear that you will "get it wrong" what actions or inactions do you take?
- 3) When are involved in a new endeavor but are struggling, what happens?

As you continue down this path with yourself or your client, you begin to understand that the relief chains of distraction are locked into their cells' memory.

## COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them go on a scavenger hunt to look for the sources of their avoidance behavior when they are confronted with the possibility of making a mistake.

Now have them develop fill-in-the-blanks to discover the clues and patterns that have developed over the years.

Examples:

When I can't get something right, I usually do this.....

When I am unsure if I am going to succeed, this usually happens.....

### 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.