

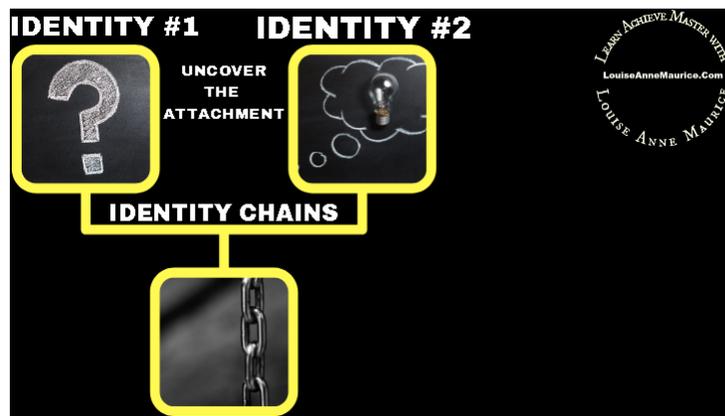
## Empowered You Part 9

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In the Empowered You Part 8 video you were given coaching questions and an activity to unravel the "Not Good Enough" Identity chains. 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 9, we look at the IDENTITY created from comparison. Louise offers some strategies for moving beyond the "Worthless" identity that keeps so many people stuck. If "worthless" was not one of the identities you chose 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 WORTHLESS IDENTITY CHAIN



### COACHING QUESTIONS TO UNRAVEL:

- 1) How do you feel when you are compared to other people? Describe the identity that surfaces. Does that identity protect you or does that identity punish you?
- 2) Have you ever been told you are worthless or defective? What specific words were used?
- 3) When people use those words today, how do you react? Does your protector identity appear or your punisher identity? What actions do they take for or against you or others? How does that help or hurt you?

As you continue down this path with yourself or your client, you begin to understand that this identity is locked into their cells' memory.

## COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Role-play using the trigger words.

Have them become the worthless or defective identify and where in their body they feel the reaction and have them rate the intensity of the feeling on a scale of 1-10

Now act out the opposite by complimenting them or accepting them. Now have them describe the feeling. Does this feel normal?

### 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.