

**POWERFUL
OR POWER-FULL?**

SIGNS THAT BELIEFS ARE CREATING A SENSE OF **POWER-LESSNESS**

EGO RUNNING THE SHOW
FIXED THINKING, NARROW PERSPECTIVE,
JUDGMENT, LACK OF SELF TRUST / TRUST
IN OTHERS & THE NEED FOR CONTROL
(OTHERS, SELF &/OR ENVIRONMENT)

DISCONNECTED & ALONE

EXTERNALIZED EXPRESSION

- THE NEED TO CONTROL OTHERS /ENVIRONMENT
- BLAMING OTHERS
- BULLYING OTHERS
- USING FEAR & INTIMIDATION TO MANIPULATE /
GET WHAT YOU WANT
- LACK OF RESPECT FOR THE BOUNDARIES OF
OTHERS
- OPPRESSING OTHERS
- NEED FOR DOMINATION OVER OTHERS
- VIOLENT CRIME
- SEX CRIME
- GENOCIDE, HOMOCIDE

INTERNALIZED EXPRESSION

- THE NEED TO CONTROL SELF
- BLAMING THE SELF
- BULLYING THE SELF
- ALLOWING FEAR & INTIMIDATION OF THE SELF
- NEGATIVE THOUGHT PATTERNS & BEHAVIOR
- WEAK OR NO BOUNDARIES AT ALL
- PROMISCUITY
- ADDICTION
- EATING DISORDERS
- SELF HARM
- SUICIDE

SIGNS THAT BELIEFS ARE CREATING A SENSE OF **POWER-FULLNESS**

AWARENESS THAT YOU ARE NOT THE EGO
FLEXIBLE THINKING, BROAD PERSPECTIVE,
NO NEED TO CONTROL, SELF TRUST & THE
ABILITY TO SURRENDER

CONNECTED & ALL-ONE

- EMPATHY & COMPASSION FOR
OTHERS
- ACCEPTANCE (LOVE) FOR OTHERS
- TRUST FOR OTHERS & IN THE U /
A GREATER POWER
- RESPECT FOR OTHERS - WHO
THEY ARE & THEY'RE NEEDS
- DIRECT ABOUT NEEDS & DESIRES
- NOT ATTACHED TO EXTERNAL
WORLD, IDEAS OR PEOPLE
- TAKING RESPONSIBILITY FOR THE
SELF
- SELF TRUST / BELIEF & THE
ABILITY TO SPEAK UP & SHARE
GIFTS WITH THE WORLD.
- ACCEPTS SELF
- CARES FOR SELF
- NOT ATTACHED TO AN IDENTITY
- HEALTHY THOUGHTS &
BEHAVIORS
- ABUNDANT / OPTIMISTIC
THINKING

**WE WILL ALL EXPERIENCE POWERLESSNESS
TO DIFFERENT DEGREES THROUGHOUT OUR LIFE.**

**THE MORE PAINFUL OR EXTREME THE BELIEFS ARE THAT CREATE
THE EMOTIONAL EXPERIENCE,
THE MORE EXTREME OUR BEHAVIORS BECOME.**

**THE ANTIDOTE TO FILLING OURSELF BACK UP WITH
POWER IS**

FORGIVENESS.

**TO START UNCOVERING YOUR BELIEFS LOOK TO WHERE
YOU'RE BLAMING & GIVING UP YOUR ABILITY TO RESPOND
&/OR MAKING YOURSELF PAY.**

**TO LEARN MORE ABOUT HOW FORGIVENESS REALLY WORKS
SIGN UP AT <http://susanf.com> - FREE CLASS COMING SOON.**