

Workshop Created By: DARCIE HARRIS



As women we want to be seen as understanding, compassionate and fair. Powerful? Don't go there. Fearful of perceptions and stereotypes, even the strongest women sometimes perceive power as being negative. Anxious about being labeled as demanding or hard to please, we often feel hesitant to embrace appropriate power. The result? We may give away our legitimate power in ways we can't even see. We struggle with saying "no," setting limits and self-care.

With the help of metaphors from the equine world, we can rethink our perceptions of power and:

- Face the fears that cause us to play small
- Develop the confidence to embrace our full potential
- Stop the behavior that might be holding us back from creating the happier life we really want to live
- Connect the dots between our beliefs and our fulfillment in roles like friend, neighbor, daughter, employee, business owner, mother, wife
- Become a force of goodness in the world.

Part Three



OUTLINE:

- Self awareness leads to embracing the grace of power
- Understanding shadow and projection
- The stories that keep us stuck
- Alpha mares embrace their power
- Integrating our shadows, projections and stories

“Your visions will become clear only when you look into your heart. Who looks outside, dreams. Who looks within, awakens.”

- Carl Gustav Jung

SELF AWARENESS LEADS TO EMBRACING THE GRACE OF POWER

One of the costs of giving away our legitimate, honorable power is that we sub-optimize – we live lives that are less than they could be, less than we really want.

Would you like to live out your true potential, to unapologetically embrace your passion and your power, to live from your deepest authentic self? If so, this calls for some emotional homework.

True, legitimate, appropriate, healthy power can't be achieved without self awareness.

Our self awareness leads us to embracing our strengths and discovering a clarity of purpose. Until you know yourself well, you'll be inadvertently and unconsciously giving away your power.

“Take your life in your own hands and what happens? A terrible thing: no one to blame.”

- Erica Jong

UNDERSTANDING OUR SHADOW AND OUR PROJECTIONS

“Everything that irritates us about others can lead us to an understanding of ourselves.”

- Carl Gustav Jung

Your thoughts, feelings, beliefs and actions that limit your potential and authenticity are a rejection of your legitimate power. The more self-awareness you have, the more potential you have.

The Shadow is a term introduced by psychiatrist Carl Jung to describe the part of our unconscious mind that we deny and repress. We all have a shadow side and we all project that shadow onto others. Our challenge is to know ourselves well enough to intercept that process as early and as often as possible.

The simplified explanation of what Shadow and Projection mean can be stated this way:

- We reject in others what we reject or can't accept in ourselves
- We see and attribute positive qualities to others that we don't acknowledge in ourselves
- We see in others, or coming from others, what we believe ourselves

Here's another way to think about it: when another person exhibits behaviors that really annoy or repel us, we either have those same behaviors or qualities and are blind to them, or, we don't have them and could use a little more of that quality!

We disconnect our shadow from our conscious awareness because it contains characteristics and qualities we look down on. When someone really pushes our buttons, when we have an almost visceral reaction to someone – or you might say, an overreaction – we know we are seeing at least part of our shadow.

One of the ways we can learn more about our shadow is to reflect on the qualities in our personality and character that we identify with most highly – what we value most in ourselves. In the opposite extreme we'll find our shadow. It makes us feel more comfortable about ourselves to convince ourselves that those qualities don't reside in us.

The Shadow and Projection are defense mechanisms. We judge or look down on other people for the qualities we reject in ourselves, because it's much more difficult to look deeply into ourselves and be completely honest about ourselves. It's difficult to even see certain parts of ourselves, let alone embrace and value them.

So why is understanding Shadow and Projection important as we explore the issue of women and power? Because until we have a deep awareness of our true selves, we'll never be able live the lives we truly want. Self awareness is the cornerstone to living an authentic, powerful life.

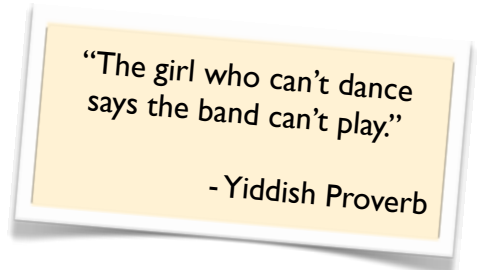
When our unconscious shadow influences our behavior, we are giving away or abdicating our power

“There is no coming to consciousness without pain.”

- Carl Gustav Jung

UNDERSTANDING PROJECTION

The simple Yiddish proverb above is a great example of projection.



Projection is attributing to others what we really believe ourselves, or believe about ourselves. Often this takes the form of negative judgments. Here's a very simple example. If you say, "She thinks I'm stupid," what might really be going on is, "I think I'm stupid." Or "He treats me like I'm a child," might really reveal that you feel childish.

The same thing happens with positive qualities. Putting others on a pedestal is really about not recognizing in ourselves those wonderful qualities we attribute to them. We have "projected" our own gifts and talents on to them, while not exploring and embracing them in ourselves.

It's important to recognize the difference between a having a reaction and having an overreaction. If you are overreacting to someone or something, shadow and projection are likely at work.

Remember, we reject in others what we can't accept in ourselves. So if you find yourself feeling "snarky" about a powerful woman who has achieved or accomplished something, is it possible that's because you have not embraced your own ambition? Is it possible you have not yet discovered your own passion, not yet discovered and embraced your own ambitions, your own dreams?

THINK OF A PERSON THAT ANNOYS YOU. WHAT BEHAVIOR OR CHARACTERISTICS DOES SHE/HE HAVE THAT YOU FIND ANNOYING?

LOOK DEEP.. CAN YOU FIND THOSE SAME CHARACTERISTICS ANY PLACE IN YOURSELF? OR CAN YOU SEE THAT YOU MIGHT HAVE "DISOWNED" THOSE CHARACTERISTICS?

WHAT LED TO YOU REJECTING THOSE CHARACTERISTICS?

THINK OF A PERSON YOU GREATLY ADMIRE. WHAT QUALITIES DOES SHE/HE HAVE THAT YOU ADMIRE?

CAN YOU FIND THOSE SAME QUALITIES OR ASPIRATIONS IN YOURSELF?

Can you see how understanding shadow and projection can help you reclaim parts of yourself that are keeping you powerless?

We need to make peace with the parts of ourselves that we reject, make friends with the inner person we have repressed, to become complete and whole women.

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

- Carl Gustav Jung

DISCOVERING THE STORIES THAT KEEP US STUCK

Attachments...we all have them. You have them. I have them.

Our “stories” are the beliefs we hold about ourselves, other people, the world around us, our relationships and the way we interact with others.

They are the conclusions we have drawn and often we’ve never examined the assumptions we made that brought us to those conclusions.

Until we examine those beliefs, we’re running on auto-pilot, never questioning, never being intentional.

We live out our lives mostly unconscious of the stories we have about ourselves and others.

Sometimes our stories are positive and affirming, but more often than not they hold self-limiting beliefs.

“When nothing changes, nothing changes. When something changes, everything changes.”

- Unknown

These self-limiting beliefs keep us from being authentic.

They prevent us from expressing our expectations, or defining our boundaries, or charging enough for our services.

We play small.

Our stories keep us from embracing the full scope of our power, our influence, our effectiveness.

But when we live inside our stories, we are likely to limit our potential, to wall ourselves off from incredible opportunities and achievements.

It's important to recognize and accept that our stories are not the ultimate one-and-only truth about who we are and what we can or want to be.

They are simply our interpretation of the facts, and what we have made those facts mean to us.

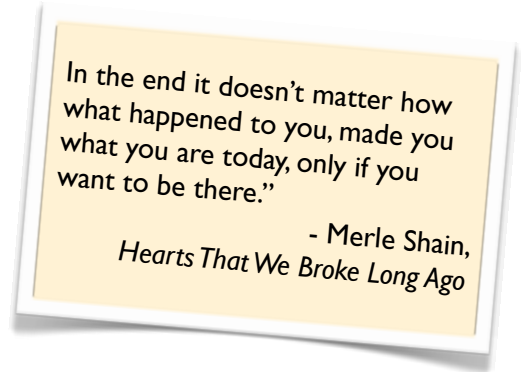
Challenging the illusion of whether our interpretation is the only right conclusion means finding a freedom to discover and embrace your full potential.

To question our stories and reframe what we believe, we have to ask ourselves two simple questions:

- What are the facts?
- What did I make those facts mean?

As women, our worlds are a lot about feelings. We value our emotions and don't like to discount them (or have others discount them!). We prize our emotional depth.

But feelings don't arise out of nowhere. They come from what we think, what we believe. It's worth taking the time to learn a process to stop and reflect, before we react or make decisions.



MINING THE PAST TO UNCOVER OUR STORIES AND BELIEFS

Work through the following questions. The questions may seem a little redundant, but we're trying to break a memory down into little pieces, to tease the tangle apart. Don't worry if you can't unearth a major trauma from childhood. Just free associate and see where that leads you. Use these questions to practice the process of breaking down a specific situation in to separate pieces.

GO AS FAR BACK IN YOUR LIFE AS YOU CAN REMEMBER – PERHAPS EVEN TO CHILDHOOD -- AND RECALL A SITUATION THAT HAS STAYED IN YOUR MEMORY, EVEN IF YOU DON'T KNOW WHY.

NOW ASK YOURSELF, WHAT DID I MAKE THAT MEAN?

REFLECT AGAIN ON THE INCIDENT AND ASK YOURSELF, WHAT ARE THE FACTS?

BASED ON THOSE FACTS, WHAT DID I THINK?

BASED ON THOSE THOUGHTS, WHAT FEELINGS DID I HAVE?

BASED ON MY THOUGHTS AND FEELINGS, WHAT ASSUMPTIONS DID I MAKE?

WHAT CONCLUSIONS DID I DRAW, BASED ON MY ASSUMPTIONS?

WHAT DID I MAKE THOSE THOUGHTS, ASSUMPTIONS AND CONCLUSIONS MEAN?

“I only know that we are each dealt a hand, and most of us play it and few of us think to say, ‘I don’t want these cards’ or ‘Could you deal again?’”

- Merle Shain
Hearts That We Broke Long Ago

Here’s your chance to say, “I don’t want these cards. Could you deal again?”

NOW TAKE A FRESH PERSPECTIVE AND REFRAME THE ISSUE. WHAT WILL YOU TELL YOURSELF NOW?

HOW DOES THIS CHANGE YOUR FEELING?

WHAT IS YOUR NEW PERSPECTIVE?

“No one can make you feel inferior without your consent.”

- Eleanor Roosevelt
This is My Story

“The older I get, the clearer it becomes to me that no one is cheated in this world, unless it’s by himself.”

- Merle Shain
Hearts That We Broke Long Ago

ALPHA MARES EMBRACE THEIR POWER

About the Presenter



Photograph by Tina Brannon

Darcie Harris is a champion for female entrepreneurs and leaders.

Known for her warmth and wisdom, Darcie has helped countless women realize their professional dreams.

Recognized as a thought-provoking international speaker and trainer, Darcie is CEO and founder of EWF International, a company offering peer advisory groups, coaching and consulting for women business owners and executives. Through the Alpha Mare Academy™, she offers her knowledge and tools to female entrepreneurs worldwide through the web.

Darcie is a respected media resource on women's entrepreneurship and leadership issues.

Business coach, consultant, mentor and advocate for women worldwide, Darcie finds the fulfillment of her own dreams by encouraging women to think big, pursue their passions and achieve their personal best.

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