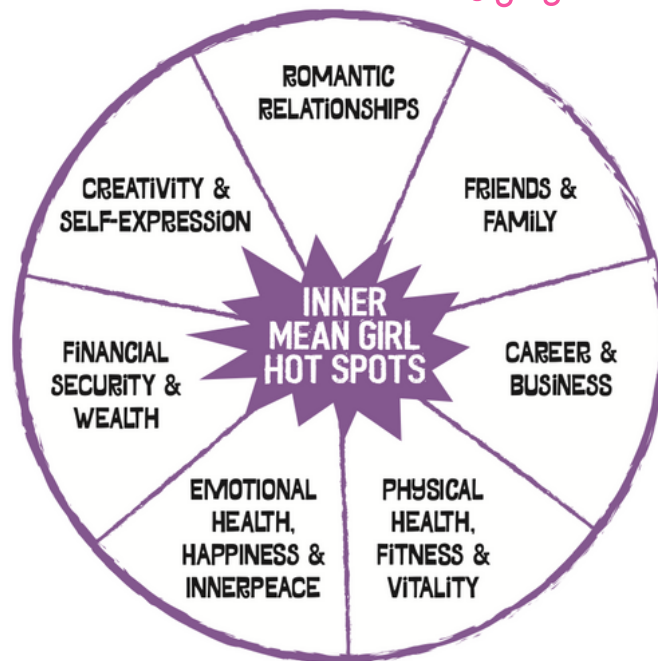


EXPOSE YOUR IMG



“My Inner Mean Girl is costing me . . .”
“She is keeping me stuck in . . .”
“The truth is . . .”
“I am sick and tired of . . .”
“I really desire . . .”



Let’s see what your Inner Mean Girl is costing you by taking a magnifying glass to different areas of your life where IMGs generally cause the most damage. We call these Inner Mean Girl hot spots, and there are seven, which are listed in the chart

As you look at each of these seven areas of your life, ask yourself, Where am I currently experiencing the most struggle and stress? Where am I holding back? Where am I caught in the same patterns and self-sabotaging choices? These are your Inner Mean Girl hot spots.

Example: **My Career.** “My Inner Mean Girl is costing me in my career big time. She is keeping me stuck in a job I hate. The truth is that I am afraid to make this big change, and I am totally settling in my job. I am sick and tired of going to a job that drains my energy. I really desire a way to use my gifts and take care of myself financially. I desire both!”

Example: **My Physical Health, Fitness, and Vitality.** “My Inner Mean Girl is costing me my health. She is keeping me stuck in unhealthy eating patterns where I diet, lose weight, and then binge like crazy. The truth is that I feel fat and disgusted by my body and ashamed that I can’t control myself. I am sick and tired of battling with my weight. I really desire to have a body that is happy and feels good to me and to be able to enjoy eating food again without fear of gaining ten pounds.”

Source: Reform your Inner Mean Girl by Christine Arylo and Amy Ahlers

JOURNALLING TASK



Lets do some journalling using these

6 sentence starters:

My Inner Mean Girls is a... (insert IMG archetypes)

My Inner Mean Girl says things to me like... (say it as if she is talking, give her the microphone)

What my Inner Mean Girl drives me to do (behavior)...

How this behavior has served me in the past is ...

How this behavior is sabotaging me now is...

If I was to make up what her intention is & what she is trying to protect me from, I'd guess...

My inner wisdom would tell me... (take a few breaths with your hand on your heart) that my IMG needs.....(note down whatever comes to your mind)..... to feel safe. eg. to be heard, to be seen or whatever comes up.