



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 25 Transcript: Power Structure of Self

Last week, we talked about how our adult attachment style can be altered at any point in life. Through the process of earned secure attachment, we can change our relational story and how we express ourselves within it.

It can be eye-opening to take an honest look at these habits and may feel overpowering to consider the course of action required to shift them.

We've been diligently taking our next steps in this "big picture" 4-step transformational process. We started with identifying our Self-Protection patterns, then we began to practice Self-Compassion.

From there, we continued in a process of Self-Acceptance and through Self-Agency are owning what we are responsible for.

Self-agency says that we are accountable for our actions and reactions. We can't control what other people do or don't do, but we always have a choice. And, neuroscience says that regardless of our early relational experiences, we can always create new possibilities of connection in our adult relationships.

I want to share a major paradigm shift we must experience to create the change and connection we desire. It will also help us retrieve our ability to create options and embrace wisdom as we move into empowered and resilient choice. We can choose secure connection.

To change our perspective, we must accept that we're not the victim in our story.

This can be a difficult perspective to accept. I get it. It's hard for me, too. We often feel we aren't deserving of the circumstance we find ourselves in and are angry and feel powerless to change it.



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Becoming an empowered character in the story of our life – choosing to no longer be the Victim - is created by answering this question:

Am I going to be held back by my life circumstance, or will I choose to see it as an opportunity?

Every moment of every hour of every day in every situation we have a choice: Be a Victim or Embrace Opportunity.

A simple awareness tool to help you with this paradigm shift, and to change the narrative you are living in, is identifying the characters in the power structure of Self.

Think about it this way. We all have different identities, or personas, we develop to help us get through life. We have our Power Identity, our Disempowered Identity and our Empowered Identity.

Here's an example from my own life:

"Power Sarah" looks like being in control and put together, invulnerable, buttoned-up and always having the answer. It also looks like isolation, pride, judgment and fear.

"Disempowered Sarah" looks like believing I don't have a choice, so I keep things busy and always moving so I can more easily ignore how I'm feeling. It also looks like exhaustion, disconnection, depletion, not being able to say "no" or draw boundaries and looking for sympathy from others – feeling sorry for myself.

"Empowered Sarah" looks like owning all of the parts of my story, my strength and my weakness, my brilliance and my vulnerabilities, as parts that make up the whole of me. It's the knowledge that even though I am imperfect, I am enough.



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It also looks like compassion, courage, risk and trust. It's messy and beautiful and is the only way to create real, authentic connection.

I believe we are never powerless to choose how we are going to respond to our reality. Viktor Frankl, a Holocaust survivor, said that: "Man's last freedom is the freedom to choose how he will react in any given situation." What would happen if you changed the story and started showing up from an empowered place of identity?

This week you'll have opportunity to ask yourself what it looks like when you show up in these 3 identities. And, as a community, we'll cheer you on to start showing up from a place of choice and empowerment. Be sure to download the action guide to support this process and share what you are learning on our group page.