

Module Three

Empowered conversations

Let's explore your fears about communication and verbal expression.

Express yourself as you read through these sentences. You can write feeling words, body sensations, or a short poem. You can scribble colors, you can draw patterns or shapes.



If I am to stand in my voice's full potential, I will be risking my physical, emotional, spiritual, or psychological safety.

A large, empty, light pink rounded rectangular box for writing or drawing.

If I am to speak my voice's full truth, I will be rejected, abandoned, and ostracised from the people I love and need the most.

A large, empty, light pink rounded rectangular box for writing or drawing.

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I fear that I am not worthy of knowing, embodying, and speaking my voice.

I fear that I am a liar, incapable of knowing and speaking truthfully.

I fear allowing others to know how I feel and what I need because then they could manipulate me.

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I fear speaking my feelings and needs because I will come off like I am better than others, “holier than thou.”

I believe that I am here to please others, and communicating feelings and needs does not matter.

I do not feel connected to myself enough to proclaim what I truly feel and what I long for.

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When I try to communicate what is true for me, no one listens anyway.

When I attempt to communicate my feelings, needs, and requests, people tell me I am bossy, stuck up, or controlling.

If I communicate how I feel and what I need, the people I love most will leave me.

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Rewrite Your Myths

Let's practice creating conscious commitments to your voice to express how you feel, what you're longing for, and what you want.

What are some expansive beliefs that you could be intentionally cultivating?

My voice is _____

My feelings are _____

Having needs is _____

Communicating how I feel and what I think is _____

My child's voice is _____

My child's feelings and needs are _____

Everyone's feelings and needs in our family are _____

My commitment to my voice is

My commitment to expressing how I feel and what I need
is _____

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