

MASTERING VISIBILITY WORKBOOK



Module 3

DIAGNOSE WHAT'S HIDING YOU

(PART 2)

Module 3

LEARNING GOALS:

- WHERE YOU FIRST LEARNED IT WASN'T SAFE TO BE SEEN
- IDENTIFY WHY YOU STAY STUCK AND FEELING WOUNDED
- HOW YOU PERPETUATE THE PAIN OF THE PAST
- WHAT KEEPS YOU FROM MOVING FORWARD WITH VISIBILITY
- WHAT YOU CAN DO TO IDENTIFY, HEAL, AND GROW FROM YOUR VISIBILITY WOUND (ADMIT IT, FACE IT, SHARE IT, HEAL IT)

UNDERSTANDING YOUR VISIBILITY WOUND

1 WHAT is your earliest and most painful memory of being seen by others?

(You can't get this wrong, whatever memory comes to you... trust it)

2 HOW do you feel as a result of this experience? (check all that apply)

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Afraid/fear |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Abandoned |
| <input type="checkbox"/> Alone/Lonely | <input type="checkbox"/> Neglected |
| <input type="checkbox"/> Betrayed | <input type="checkbox"/> Punished |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Disgust |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Mistrust |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

UNDERSTANDING THE WOUND

3 WHAT KIND OF WOUND IS IT?

There are two kinds of wounding experiences, the **CHRONIC WOUND** that develops slowly and may worsen over an extended period of time due to recurring circumstances – months to years, or an **ACUTE WOUND** that is a one-time trauma, generally sudden and short.

CHRONIC

ACUTE

EXAMPLE OF A CHRONIC VISIBILITY WOUND – 'My Mother was always on a diet. She was obsessed with her body and had multiple plastic surgeries. She was constantly overseeing everything I ate and commenting on my size, I was never thin enough, or good enough to gain her approval.'

EXAMPLE OF AN ACUTE VISIBILITY WOUND – 'When I was a little girl, I was in the Little Miss Sunshine contest. I was singing the song my dad used to sing and I saw my mother sinking in her chair. When I got off stage, I was scolded by my teacher for being inappropriate. I never sang in public again.'

Notes

YOUR VISIBILITY WOUND

4 **WHAT** did you believe about being seen by others as a result of this experience?

(i.e. "It's not safe", "If someone sees me I'll be a target...")

5 **HOW** has this visibility wound affected your ability to be seen?

("I feel like a fraud because I'm hiding who I am.")

6 **WHAT** area/s of your life has this experience most affected?

(check all that apply)

FINANCE

HEALTH

BUSINESS

RELATIONSHIPS

SPIRITUALITY

OTHER _____

BELIEFS & DESIRES

7

WHAT did you believe about yourself as a result of this visibility wound?

(i.e. "I'm too much", "I'm not enough")

8

WHAT did you believe about the world as a result of this visibility wound?

("The world isn't safe", "I don't like humans", "Life is a struggle")

9

WHAT IF you could have what you really wanted, at that moment what did you desire?

(i.e. "I want to feel safe, to trust, to be seen, to be heard, to freely express myself, to be loved, ")

VIDEO SCRIPT

Tell a story about your VISIBILITY WOUND. Use the information from this Module's Workbook to create a 3- min video script that includes the wound, what you believed, .

- 1 HOOK** - Capture attention within 15 seconds. Emotionally engaging question or provocative statement

I felt _____ as a result of this experience...

(Refer back to question 2- List 2-3 words)

- 2 PAINT A PICTURE** - Give graphic details that activate the brain & give the viewer something to relate to

My Visibility Wound ...

(Refer back to question 1- briefly describe what happened)

VIDEO SCRIPT

3 TELL A STORY - Focus on one key point- what do you want them to feel/do/have as a result of the story?

This visibility wound impacted my _____

(Refer back to question 5- List 1-3 words & describe WHY you felt that way?)

4 TRUTH BOMB- Summarize your point with a "gut punch" that forces them to consider how this relates to them

What I really wanted/craved was _____

(Refer back to question 9- Make a statement)

“

Truth Bomb

Whatever blocks your
path, is your path.

xoxo, Siddiqi