

MASTERING VISIBILITY WORKBOOK

Module 5

DISSOLVE YOUR RESISTENCE

(PART 2)

Module 5

LEARNING GOALS:

- RECOGNIZE THE VOICE OF YOUR INNER CRITIC AS YOUR VISIBILITY SHADOW ARCHETYPE
- EXPOSE THE SHADOW SIDE FOR WHAT IT IS, YOUR RESISTANCE & FEAR
- TAKE RESPONSIBILITY FOR YOUR CHOICES REGARDING YOUR SHADOW/INNER CRITIC
- LEARN HOW TO REFOCUS YOUR ENERGY AND EMOTIONS TO DISSOLVE THE RESISTANCE

'HOW COULD I F**K THIS UP?'

**THIS EXERCISE IS MEANT TO BE DONE WITH A PARTNER
IN AN INTERVIEW ON ZOOM.**

AN INTERVIEW WITH YOUR SHADOW ARCHETYPE

Imagine that you could actually sit down and ask the Inner critic, and or your Visibility Shadow Archetype any question. What would you ask that would help you understand its role in blocking your visibility? This is your opportunity to get clear about how the shadow's voice is trying to keep you hidden!

You will each take a turn being in both roles. Please record the interviews separately and upload them onto our FB Group page.

INTERVIEWER: YOU ARE ASKING YOUR SHADOW QUESTIONS

RECORD THE INTERVIEW ON YOUR ZOOM, UPLOAD IT TO THE FB GROUP
You will be asking the questions, your partner will act as YOUR shadow's voice. Although your partner may not know anything about your shadow's beliefs, behaviors, or history, she will still give you valuable information based on her intuitive response to your questions!

SHADOW: YOU ARE ANSWERING THE QUESTIONS

You will most likely share the same Visibility Archetype as your partner for this exercise, therefore you will have the same Shadow Archetype. As she asks the questions, just trust whatever comes to mind is the answer that is valuable for her. Remember, this is creative, you can't get it wrong, and actually, you can't F-it up!

**FEEL FREE TO BE CREATIVE, USE COSTUMES, VOICES,
LIGHTING, FILTERS, ETC!**

'HOW COULD I F**K THIS UP?'

INTERVIEWER: YOU ARE ASKING YOUR SHADOW QUESTIONS

1 WHAT is the #1 thing you do to sabotage me?

2 What do you say to create resistance?

3 When I set an intention, or make a choice, how do you sabotage me?

'HOW COULD I F**K THIS UP?'

4 WHEN are you most likely to take control?

5 What ENERGY of mine do you feed on to do your work?

6 WHAT POWER do I have that can take you down?

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Truth Bomb

What you resist will persist.

Surrender Dorothy!

xoxo, Siddiqi