

MASTERING VISIBILITY WORKBOOK

Module 4

DISSOLVE YOUR RESISTENCE

Module 4

LEARNING GOALS:

LEARN TO IDENTIFY YOUR 'VISIBILITY VICTIM LOOP'

WHEN YOUR **VISIBILITY WOUND** DRIVES YOUR **BELIEFS & BEHAVIORS** WHICH CREATES YOUR **INNER CRITIC** WHICH BECOMES THE **VOICE OF THE SHADOW** ARCHETYPE WHICH HAS CREATED YOUR **FALSE IDENTITY** WHICH **KEEPS YOU HIDDEN.**

HOW DOES THE INNER CRITIC'S VOICE IMPACT YOU?

We all have a specific and dominant Visibility Archetype, however, all of the shadow voices impact us to varying degrees. We cycle through all of the stages of the **Visibility Victim Loop** at one time or another.

This is where we explore how all of the shadow archetype behaviors and beliefs show up as the voice of your inner critic and keep you hidden.

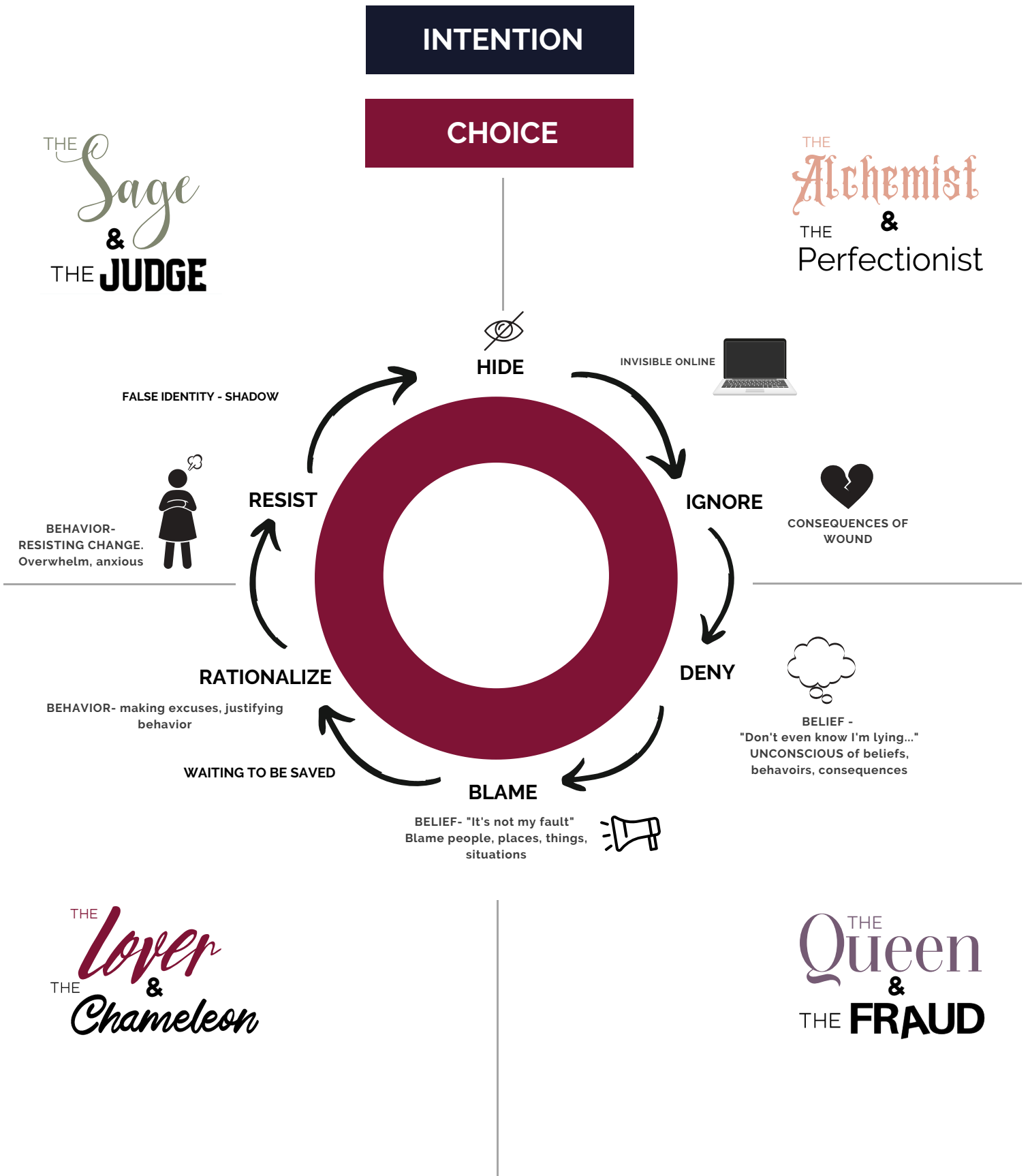
The questions are meant to help you identify and recognise the voice, and how it's impacting your visibility.

I am accepting myself for who I actually am. I feel like the real me has been released from a cage. Without the pressure to be someone else, I feel like I am flying free now. I am so much happier and more relaxed. I am less stressed, more patient, and easier to be around.

Tamarie- Queen Archetype

VISIBILITY VICTIM LOOP

HOW THE INNER CRITIC IMPACTS YOU



DENYING YOUR POWER

2

The voice of the Queen's inner critic gets her to deny her power and she ends up feeling like a fraud. What does your inner critic say about you owning your power?

EXAMPLES:

- "I'm not a queen! I'm taking the Archetype Quiz again hopefully I get a different result."
- "Who's going to listen to me on video, I don't even know what to say!"
- "Who am I to tell anybody anything? I'm nobody."

PLAYING THE BLAME GAME

3

The voice of the lover’s inner critic is anxious about loss of love. What does your inner chameleon say about it being everyone else’s fault, or conversely take on all of the blame?

EXAMPLES:

- “I want to have a good relationship with my husband, so I’ll go along with whatever he wants to do. If it doesn’t work out, it’s his fault!”
- “I want to be a good team member, even when someone else makes a grave mistake, I’m staying quiet, it’s not my responsibility!”
- “I want to make a video, but I can’t figure out how to say something that everyone will like and relate to. I don’t want to offend anyone or lose friends!”

RATIONALIZING AWAY YOUR INTUITION

4

The voice of the inner judge keeps the Sage from sharing her wisdom. What does the inner judge say that keeps you from sharing your insights with others?

EXAMPLES:

- “Last time I shared a bit of psychic insight with my husband, he asked me how I knew that? If I can't explain it in a rational way, I should keep it to myself.”
- “I had a deep feeling of dread about something, if I share it with others, they'll just think I'm crazy.”
- “I don't know how I know what I know, so I better just keep my mouth shut.”

DISSOLVING RESISTANCE BY TRACKING IT

RESISTANCE SHOWS UP AS THE VOICE OF YOUR INNER CRITIC.

It's goal is to keep you hidden, safe, and from being able to recognise its power over you. This is how you stay a victim of the inner critic's voice, and don't even know you are using it to hide aspects of yourself.

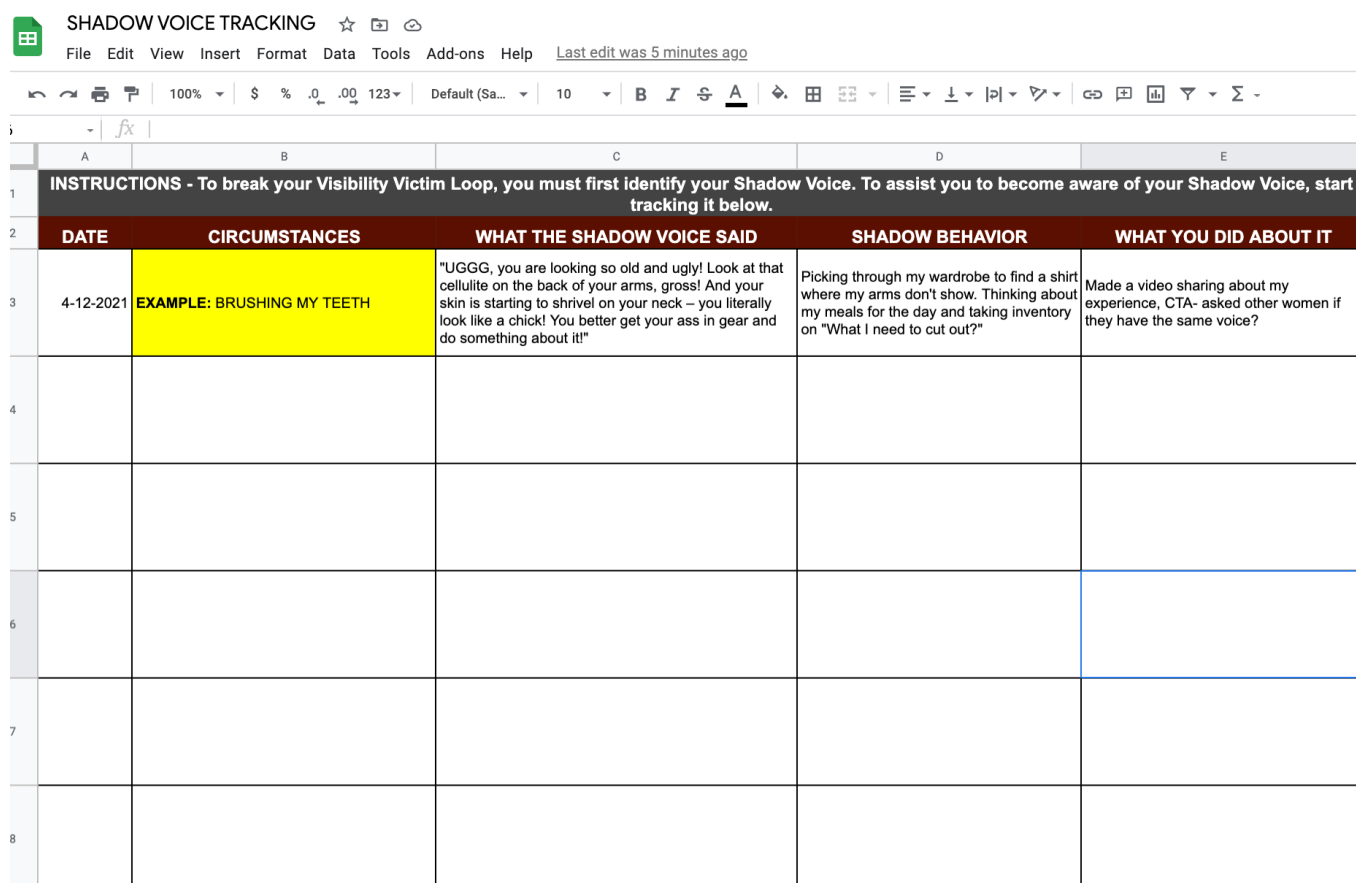
In order to break out of the loop, we first have to observe the voice, when and where it appears and how often it occurs.

Use the tracking chart below to get specific about the shadow's voice and its impact on your behavior.

As a way to follow the voice of the inner critic, we are tracking it, and listening deeply- notice when the voice pops up, what you are doing, the shadow behavior, and what you chose to do about it?

DOWNLOAD THE GOOGLE SHEET TRACKER HERE:

<https://docs.google.com/spreadsheets/d/1zukXfFYbB7DGvpOguSawPcazh-6eQV40SPGCUfBVeXA/edit?usp=sharing>



The screenshot shows a Google Sheet titled "SHADOW VOICE TRACKING" with a menu bar (File, Edit, View, Insert, Format, Data, Tools, Add-ons, Help) and a toolbar. The sheet contains a table with the following structure:

DATE	CIRCUMSTANCES	WHAT THE SHADOW VOICE SAID	SHADOW BEHAVIOR	WHAT YOU DID ABOUT IT
4-12-2021	EXAMPLE: BRUSHING MY TEETH	"UGGG, you are looking so old and ugly! Look at that cellulite on the back of your arms, gross! And your skin is starting to shrivel on your neck – you literally look like a chick! You better get your ass in gear and do something about it!"	Picking through my wardrobe to find a shirt where my arms don't show. Thinking about my meals for the day and taking inventory on "What I need to cut out?"	Made a video sharing about my experience, CTA- asked other women if they have the same voice?

“

Truth Bomb

What do you want MORE
than this recurring
nightmare?

xoxo, Siddiqi