

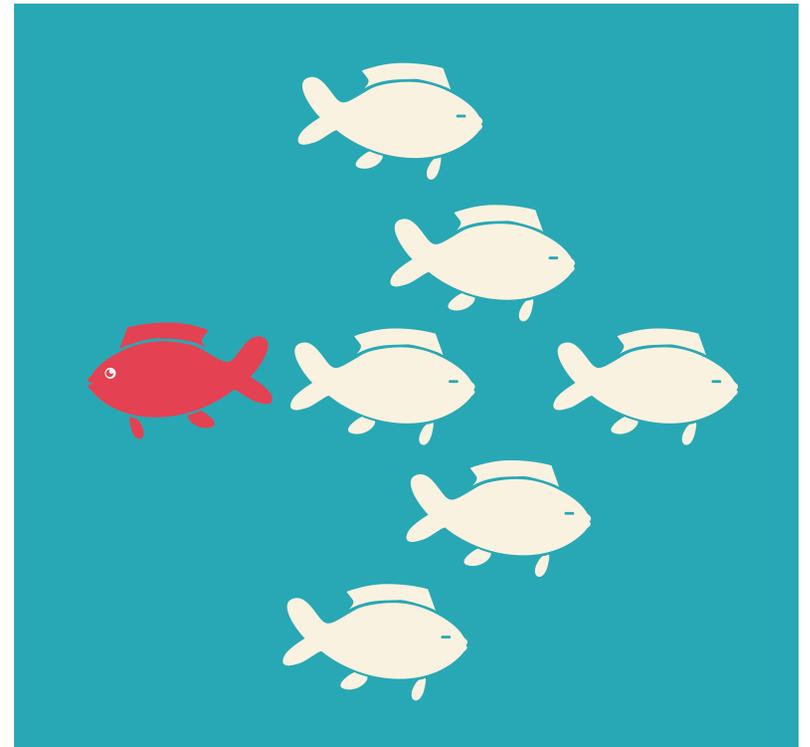
LAYING DOWN YOUR EMOTIONAL WEAPONS



LAYING DOWN YOUR EMOTIONAL WEAPONS...

Trade your EW for
RSR + RSH

= Great Courage



WILLING TO GIVE UP THE PAY OFFS

Pay offs are usually happening in the 'background'

- Gaining control
- Successful manipulation
- Forced compliance
- Gain attention
- Get in your own way- block love, care or support
- Dominate or win
- Humiliation & shame



WHAT YOU MISS OUT ON MUST BE MORE IMPORTANT THAN THE PAYOFFS

- Sustained connection
- Emotional safety
- Vulnerability
- Unconditional love
- Teamwork & collaboration
- Equality
- Sustained play / joy / fun



BENEFITS OF LAYING DOWN EW

- ❖ Courage & bravery = so proud of yourself
- ❖ Feel like a total bad-ass team!
- ❖ Ability to share genuine, sustainable and vulnerable connection
- ❖ Receive more of what you want (support, help, care, adoration, etc.)
- ❖ Freedom to become more and more your authentic self
- ❖ Sense of true belonging
- ❖ Unbreakable together
- ❖ Ability to communicate openly, candidly, and fruitfully
- ❖ Create a relationship that is filled with love, play and harmony



PRACTICE SELF LOVE SKILLS + RSR + RSH

1. Speak your heart VULNERABLY
2. Ask for what you want LOVINGLY
3. Say no with KINDNESS
4. Set boundaries BRAVELY

ANYTHING you can say with an EW, you can
BRAVELY communicate as a self love skill...



COMPETITION

- Winner / loser
- Superior / inferior
- Better / worse

#1

RIGHT-FIGHTING & PRIDE

- Eggshell dancing
- My way or the high-way
- Gossiping
- Making wrong
- Judging

Pro tip: Memory is faulty

#2

PASSIVE AGGRESSION & SARCASM

- Mean-ness disguised teasing

#3

BLAMING

- Abdicating responsibility
- Making others wrong
- Unwilling to own one's role

#4

DEFENSIVENESS

- Feel attacked
- Feel in trouble
- Defending
- Explaining
- Excuses
- Convincing

#5

CRITICISM

- Complaining
- Sharing perceived 'wrongs'
- Pet peeves
- Judgment

#6

ANGER

- Resentment
- Yelling
- Shouting
- Bullying

#7

EMOTIONAL SHUT DOWN

- Fear
- Feeling paralyzed
- Denial of anger
- Silent treatment

#8

GUILT & SHAME

- No eye contact
- Pointing out mistakes
- Rubbing nose in past mistakes
- Keeping score

#9

VICTIMHOOD

- Poor me
- Pouting
- Martyr
- Crying

#10

EMOTIONAL PUNISHING

- Withholding
- Lying
- Part truths

#11

MINIMIZING

- Make light of feelings
- Made feel small

#12

CONTEMPT

- Eye rolling
- Big sighs
- Seething glares

#13

QUESTIONS...

- What did you learn?
- Which self love skill do you want to master first?
- Please share vulnerably with your partner the following and then share in an email to Shawn (drhaywood@liberatemylife.com) :
 1. Your top 3 emotional weapons
 2. How these EW are expressed
 3. Your top 3 negative pay offs
 4. Which self love skill you feel will be most supportive to master and why



FB GROUP!

Ah ha moments?

Lessons learned?

One change you are committed to!

Bring questions to class or ask in FB group!

