

unlock your *hidden* power

Dissolve the obstacles in your path and bring success TO YOU!

Rémy Chausse



Emotional Abuse

Overcoming invalidation

Invalidation is a form of emotional abuse when someone “takes you down a notch” by branding you unreasonable, illogical or wrong. Or pretending that you don’t matter.

Today ... I’m revealing my true story of monkeys, a half-cigar, and the German Shepherd that saved the day in the Texas house where I grew up.

3 Takeaways

- That subtle nudge that “Something’s not right” is your red flag that the other person may have a hidden agenda ... and they’re about to invalidate you.
- The most well-meaning people can impose *their views* on you ... and that can be invalidating to *your values*.
- Instead of asking “What did I do wrong?”, a more empowering question is, “What did I learn?”

Assignment:

1. Think of someone past or present who’s invalidated you
2. Write down 3 truths (ex: I don’t feel like myself when I’m around that person)
3. What do you *really* want?
4. Brainstorm at least 20 ways to bring back your natural positive energies (ex: homemade ice cream, holiday lights)

Biggest Mistake to Avoid

Invalidation can occur in ANY type of relationship, so always be aware of the red flags.



Join us every Thursday
at 10am PST

<http://unlockyourhiddenpower.com/>

What’s Next?

Reserve your ticket for the upcoming Success Circle Workshop. Our programs fill up fast, and seats are limited, so grab your spot now:
<http://successcircleworkshops.com/>

Unlock Your Hidden Power and Literally Bring Success TO You!

Reserve Your Seat