

Taking Back Your Power: Part I



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HOW TO KNOW WHEN YOU'RE GIVING YOUR POWER AWAY

As a result of not wanting to acknowledge and affect our power, we "give it away" – often without knowing that we make things outside of us rulers of our realities. The act of giving our power away begins at a young age – it's our way of getting what we want. If you can pinpoint the age where you consciously chose to give away your power for the first time, you can speak to this younger version of yourself and invite them to make a different choice. This is a very simple technique which can have a profound impact on living a more powerful life.

REPETITIVE RELATIONSHIP PATTERNS

When you find yourself facing the same difficult scenarios in relationships, whether it's with the same person or different people, you are stuck in a repetitive behavioral pattern of giving your power to your partner, friend, co-worker or family member as well as taking your power from them. This pattern usually shows up as blame, resentment, over-dependence, and in the same arguments that keep arising. Underlying this cycle is the belief that "I need someone else to give me <insert need here>."

Ask Yourself: What relationships am I a part in because of guilt or habit? What am I telling myself to justify giving my power away to others?



HEALTH ISSUES

When we have pain, illness, or dis-ease in our bodies, it is a sign that we are out of balance; that we are giving the power to heal ourselves away. We all have the power within us to create good health, but when we develop physical dis-ease our bodies are communicating to us that we are losing our life force energy; this energy is needed to heal.

Ask Yourself: How have I given up power for temporary gain and how did that choice manifest itself in my physical and mental health over time?

FINANCIAL CHALLENGES

Money problems are a tell-tale sign of giving our power away, simply because we need to feel powerful, to some degree, to create wealth and abundance. It is common to let money dictate how we feel about ourselves, yet it is the other way around: our money situation is a reflection of how powerful we feel.

Ask Yourself: In what ways have finances affected my life and how does my current financial situation make me feel? How could I be happier with less?

MATERIAL AND SOCIAL ADDICTIONS

When we become addicted to anything – foods, shopping, technology, drugs, TV shows, sex, pets, people, and so on – we are giving our power to that external “thing.” We allow it to control our behavior repeatedly. The underlying belief is that we cannot be happy, be ourselves, or be free without that “thing,” so we keep going back for more to get our “fix.”

Ask Yourself: What are some of the things that I give power to on a daily basis?



DEPRESSION

Depression happens when we feel out of control in our lives. We don't feel like we can change the status quo to create what we want, so we “opt out” of life to some degree. What precedes depression is often a feeling that you cannot control, such as grief or anger. In effect, a depressed person is suppressing their power and controlling what they can control: feeling nothing.

Ask Yourself: Have I ever felt so out of control that I stopped making choices in my life? How did that help/harm me? Do I still do it now?

IT IS TIME TO TAKE YOUR POWER BACK

Once you recognize the signs and you are willing to reclaim your power, it can shift within you very quickly, and your outer reality subsequently changes. There are many techniques to reclaim your power, but the most effective and fast-acting one that I've come across is to look at how your relationship with power began by asking: “Which part of me doesn't want to grow up and realize how powerful I truly am?”