

Don't Be Afraid To Be The B%*CHY One

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=U76PK0J3KKI](https://www.youtube.com/watch?v=U76PK0J3KKI)
<https://www.youtube.com/watch?v=u7gpk0j3kkI>

SUMMARY

The speaker discusses the fear many women face regarding being perceived as aggressive or difficult, which often prevents them from asserting themselves and making their voices heard. By shedding the attachment to the image of being the "good one," women can embrace their true selves and confidently advocate for change.

- *Women often fear being labeled as aggressive or difficult, which hinders their self-expression.*
- *This fear keeps them from participating fully in discussions and asserting their needs.*
- *The desire to maintain a "good" image can be a significant barrier to personal and societal change.*
- *Embracing one's true identity and authority is crucial for effective self-advocacy.*
- *Letting go of societal expectations allows women to disrupt the status quo.*
- *Recognizing their capabilities can empower women to speak up and create change.*

I see this consistently in myself and my female clients our fear is to be seen as that one as the aggressive loud erratic one the one who's always talking too much or talking too loudly and it is this fear of being seen as this person who is difficult that keeps us from the table that keeps us from speaking up from using our voice from changing the Status Quo from disrupting patterns we

are capable of all of this of knowing who it is we are of speaking up of being at the at any table and making our needs known of making change in the world we are capable but what stops US is our attachment to be seen in this image of the good one it is we shred it we throw it away we have no more need for it in our lives only then

only then only then will we speak up for ourselves in the authority in The Knowing in the sovereignty that is ours