



# Inner Mean Girl Spark Starters

## Why did I create this inner force to protect me?

Inner Mean Girls pop up in all kinds of situations over the course of your life. Most show up early, before the age of eleven, but there is no statute of limitations on when they can appear. They usually, but not always, can be traced back to an experience in which:



**PEOPLE HURT YOU** – relatives, friends, strangers, teachers, kids at school, coworkers—let you down, criticized you, rejected you, embarrassed you, betrayed you, or took advantage of you.



**YOUR SELF EXPRESSION WAS MADE WRONG** – was met with blame, shame, judgment, or criticism, instead of you being received in love.



**BIG SHIFTS HAPPENED**– happy or sad—in your life making you feel unsafe, vulnerable, and out of control.



**THERE WASN'T ENOUGH** – enough money, enough love, enough of something you needed and wanted. Your survival or emotional or physical safety was compromised.



**FEELING UNSAFE and UNLOVED**– people who were supposed to protect you and love you unconditionally instead criticized, pressured, or hurt you.



**FEELING NOT GOOD ENOUGH** – like you didn't measure up, like you were doing a bad job, or like you were going to get left behind.

**Now it's your turn to check in with yourself + learn more about the specifics of when your Inner Mean Girls were sparked into action.** Use the following spark starters to ignite your conscious awareness. Jot down the sparks that come to mind in each area. Don't overthink or write down every single event, just the big sparks here. And be gentle with yourself. This can touch tender places in your heart.

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## **ONE: Times I felt bad about myself or I was hurt by someone else:**

Times when I felt ashamed, embarrassed, afraid, disappointed, scared; when I didn't feel good about myself. Times when someone let me down, criticized, rejected, betrayed, bullied, abused, publicly embarrassed me, or withheld love from me, or met my excitement with disapproval.



**TWO: Times I couldn't control something:** Times when sudden or major changes took place in my surroundings or life that I couldn't control or change. These could be happy things or challenging things: parent's divorce, death of a loved one, falling in love for the first time, health challenges, birth of a baby.



**THREE: Times I didn't feel safe or like there was enough:** Times when my basic physical needs weren't met or were threatened because there wasn't enough money, shelter, clothing, food, etc.



**Four: Times I didn't listen to or trust myself, or times I didn't protect myself:** Times when I didn't trust my intuition and as a result made choices that were dishonoring to me.