

# POWER



## *Body Basic 1*

**Take your power back.**  
Your rite of passage.

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**SEVEN**  
*body basics*

**BOMBSHELL**  
FORMULA

**SEVEN Body Basics**

*Online Multimedia Program*

First Edition

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FORMULA

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*Book 1 - Power.*



## ***What drives your choices?***

*Are you curious to know?*

Through the SEVEN Body Basics Beginner's Guide, we explored the possibility that the way your body looks & feels today is dictated by the summation of the lifestyle choices you've made this far.

I would now like to present another possibility for your consideration...

The lifestyle choices you have made (until now), have been driven by the summation of the conscious & subconscious beliefs your mind holds, which determine how you manage your personal power.

What if this is true?

My experience suggests that if you want to look & feel your best, not only will it serve you to understand your body in relationship to nature's basics...

I believe it will also be in your best interest to identify who is in the driver's seat, managing your personal power through your mind, and making choices for you.

Let's explore your relationship to power so you can learn the skill of self-parenting and make the choices that will help you look & feel your best!

## ***Personal power***

*Our main driving force*

Why do we make the choices we make?

There are many answers I can offer...

However, if I was to peel that onion of possibilities right back to its core, I would find POWER as the main driving force behind choice.

I would offer that your life choices are driven by your fundamental need for power and -for the most part- humans will do whatever it takes to maintain their perceived sense of power.

I say "perceived sense of power" because -based on our upbringing- we all have different ideas of what power is and how to pursue it.

This is very important, because the relationship you have with food, exercise and lifestyle is in large part driven by the way you learned to manage your personal power and by how you learned to parent yourself.

What I've learned in 18 years of coaching people, is that if people don't reframe their relationship to power and if they don't learn to re-parent themselves, it will be very difficult for them to make permanent diet-lifestyle changes and get lasting results.

I have also found that the most effective way to help people is to give them the tools so they can help themselves.

For this reason instead of "coaching you," I designed this program to teach you how to coach yourself and transition from a model of power based on other people "parenting you," to one where you "parent yourself."

## ***Coach in training***

*Yes, you.*

You are a coach in training..

Why?

Because as the person who is in charge of your body 24/7, you need to learn to understand yourself, your body and how each choice you make impacts every aspect of your life.

Having this understanding is critical to your process of empowerment, because it will not only allow you to make the best choices for you, it will allow you to become self-reliant!

This is instead of living in the permanent state of self-doubt and learned helplessness that typically comes from depending on others to manage your power for you.

## ***Psychology of coaching***

*What you need to know*

In order to be an effective coach, you are required to understand basic "psychology of coaching."

The "psychology of coaching", revolves around:

- ▶ **Identifying the way we manage our personal power**
- ▶ **Understanding where our relationship to power comes from and how it was established**
- ▶ **Exploring how our relationship to power drives the choices we make**
- ▶ **Understanding how each one of our choices impacts the way we look and the way we feel**

In order to understand the "psychology of coaching" and apply it to yourself, I need to introduce you to some terms and concepts.

Even if you have a background in psychology, I want to invite you to read through every part of this section, because this is the core of the Bombshell Formula and you will need this information to navigate each one of the other body basics.

So let's start our journey of understanding by exploring the concept of personal power.

## ***Personal power***

### *What is it?*

Personal power -as I understand it- is the engine that drives your choices and shapes your physical, mental, emotional and spiritual reality.

My experience suggests that once you learn how to manage your own power, you'll transition from a sense of helplessness about the way you look and feel to one of empowerment.

But before you learn how to manage your power it's critical we first explore your relationship to it.

## ***Your relationship to power***

### *Is it internal or external?*

INTERNAL: If your parents invited you to discover yourself and connect with your personal power, chances are that you learned to get your emotional needs met and find significance through managing your own power.

Because people who have an internal relationship to power command self from a place of inner authority and feel empowered, they are unlikely to engage in "control dramas" and "power struggles" with food, exercise, body image and the people around them.

On the other hand, people who were NOT taught to manage power through their own inner authority, tend to feel disempowered and compensate by externalizing power through "authority figures."

This often makes them vulnerable to "power struggles" and "control dramas" with food, exercise, body image and other people.

Let's take a closer look...

EXTERNAL: If you were taught to externalize authority (others commanding you or you commanding others), it's very likely that you learned to feel significant and get your emotional needs met by:

► **Surrendering your power to authority figures so they manage your power for you.**

And/or

► **Presenting yourself as an authority figure, to exert control over others and manage their power for them.**

## ***One side of the coin***

### *Presenting ourselves as the authority figure*

When we feel out of control, we tend to compensate by infantilizing people (making them feel helpless) and "taking care of them" so they become dependent on us which offers us a false sense of power & control.

Another way we tend to compensate for a lack of inner power is by bullying and humiliating people so we can feel bigger as we set the stage for them to feel smaller.

Do you know anyone that feels significant and gets their emotional needs met by presenting themselves as an "authority figure"?

### ***The other side of the coin***

*Surrendering our power to authority figures*

Do you know anyone who gets their emotional needs met and feels significant by surrendering their power to "authority figures"?

Are you aware that people who were not taught to self explore and who were not taught to rely on their own inner guidance, tend feel infantilized, helpless and lost without the control and direction of an authority figure?

Because this program is about developing an internal relationship to power so you learn how to self parent...

It is very important that you learn to recognize how you externalize power by taking it from others (you parenting them) and / or how you surrender your power to authority figures (others parenting you).

### ***Co-dependency***

*What is it?*

When the "authority" and the "authority seeker" meet, it truly is a match made in heaven and the dynamic that tends to play out is one based on co-dependency.

What this means is that both the "authority" and the "authority seeker" become dependent on each other's dysfunctions to survive.

People that manage their power externally through co-dependency tend to navigate life through "control dramas" and "power struggles."

But what are "power struggles" and "control dramas"?

### ***Power struggles, Control dramas***

*Compensating for disempowerment*

For me a control drama is a conscious or a subconscious "act" people put up, as a way to manipulate another person into a power struggle:

► **A husband putting his wife down and calling her fat and ugly, so she loses her self confidence and doesn't leave him**

- ▶ **A woman exaggerating pain to keep people by her side or to control them**
- ▶ **A boss that runs down the people that they feel have the potential to take their job**
- ▶ **A professor shaming-bullying a student for presenting an idea that challenges his/her teachings**
- ▶ **A teenager that threatens the family with harming themselves**
- ▶ **Someone throwing a tantrum to get their way**

Yup, If you are human and you learned to externalize power and authority, chances are you have been on one or both sides of this.

Tell me about it... I had the "power struggles" and "control dramas" of co-dependency down to an art, before I became aware of my external relationship to power and its consequences.

By learning to self-parent, I began catching myself and started shifting this power dynamic.



## **Reminders**

*To make the most out of this section*

*NOTE 1:* I will present the extremes of black and white so you can see the shades of gray.

*NOTE 2:* Read this as the daughter not as a mother.

*NOTE 3:* If you feel challenged by the information, use it as an opportunity to spot your wounds so you can heal them and stop bleeding your power through them.

Let us now explore how your relationship to power may have been established and how it may be directly and indirectly impacting the way you look and feel.

## **Respectful parenting**

*The temporary management of a child's POWER by an empowered adult*

We are born with unlimited power and potential, but as babies and as children we didn't have the tools needed to manage our own power.

Therefore, the role of our caregivers was to manage our physical, mental, emotional and spiritual power temporarily for us.

As we grew up, ideally they'd invite us to self-discover and develop the skill-set needed for us to manage our own personal power, in each area of our lives.



## ***Rite of passage***

*From dependent child to self-reliant adult*

Once the process -of giving us the tools to become self reliant- was complete, ideally our caregivers gave us a "rite of passage" into womanhood.

A "rite of passage" is an ancestral ritual where the parents acknowledge that we have graduated from dependent child to "self-governing adult."

Through the rite of passage, our caregivers give us our power back so we manage it ourselves. In other words, they surrender the role of the parent-coach, to allow us to become our own parents-coaches.

This type of respectful parenting can take place when parents have an internal relationship to power.

When they do, they don't need to hold on to their child's personal power in order to own the illusion of control through "power struggles" or "control dramas."

## ***Co-dependent parenting***

*By adult-children*

On the other hand, parents who get their emotional needs met through their daughters and who feel significant by the daughter needing them or by them needing the daughter, typically can't offer a complete rite of passage, as they can't surrender their role of the parent-coach or "needy" parent.

Often times, these parents tend to keep their children infantilized and dependent financially, emotionally, mentally or spiritually.

Parents typically do this by:

► **Getting their emotional needs met by over-powering their children and managing their power for them (even as adults)**

Or by...

► **Surrendering their power to their child so their child manages their power for them. (The case of the child parenting the parent)**

May I introduce you to adult-children.

Chances are some of you may have been parented by adult-children.

## ***Painful parenting***

*The ongoing management of a human's personal POWER by a disempowered adult-child*

Unfortunately the "respectful parenting" model is (in my 18 year experience as a coach) a far cry from the way most people have been raised.

Could it be that instead of being parented by empowered adults who invited us to self-discover, know-self, connect with our inner authority and become emotionally self-reliant...

Most of us were parented by adult-children, who compensated for their lack of inner power by externalizing power through us?

## ***Pure love***

### *Not in question*

In my heart I truly believe that the love of a parent is the most pure & sincere expression of love there is.. What I'm presenting for your consideration is not suggestive that your parents are bad people or that they don't love you.

I believe that parents genuinely give it their ALL to parent their children with the very best tools that they have at their disposal.

So let me be very clear, I'm not questioning parental love or parental intentions, I'm however inviting you to explore the tools some parents had at their disposal, or lack thereof.

The purpose of this information is not to criticize your parents, it's to help you differentiate between:

- 1. A learned healthy internal relationship to power**
- 2. A learned painful external relationship to power**

This is necessary so you can connect with:

- ▶ **How your relationship to power may have been established**
- ▶ **How your relationship to power may be impacting every aspect of your life, including the way you look & feel**
- ▶ **What to do in order to transform your relationship to power.**

## ***Inspiration-validation***

### *Introduction*

Based on my understanding:

- ▶ **The healthy mother (feminine energy) inspires the child to self-discover**
- ▶ **The healthy father (masculine energy) validates the child as it self-discovers**

Unfortunately, instead of inviting the child to know self, most parents only inspired and/or validated their children to see the world through their eyes.

Many did this by projecting their views of the world, instead of also inviting the child to form its own.

Let's explore the consequences of this.

Again these are the extremes of black and white so you can find the shades of gray.

## ***Externalizing "success"***

### *The path to co-dependent relationships*

A great way to illustrate how parents teach children to externalize the world is when the child does something "good" or "bad."

For example, when the girl accomplishes something, typically the parent will get it's emotional needs met by owning the accomplishment and projecting their experience of the accomplishment onto the girl by saying something like...

"I'm so proud of you."

What would happen if instead of externalizing and telling the girl what her accomplishment means to the parent, the parent invited the girl to internalize and own her own accomplishment so she can connect with how her accomplishments feel to her?

How about asking the girl something like:

"What does this accomplishment mean to you?"

Can you see how this allows the girl to go inside and ask herself what her accomplishments feel & mean to her?

Would this teach her to self-validate instead of becoming dependent on the approval of her father and the other people outside of her?

## **Consequences**

*Of becoming dependent on external approval*

How many of the people that you know get lost in trying to get other people's approval because they were never taught to self-validate?

As infants it makes sense that the parents give us that level of support, however as we grow up a transition to self-validation is critical.

Why?

I've had many clients that "worked themselves to the ground" as they searched for the approval of their father and a desperate need to - "make daddy proud."

I've also had many clients that have gone down the path of countless cosmetic procedures, extreme diets, eating disorders, etc. inspired by their mother's relationship to beauty and fitness.

Many of these women are typically willing to do whatever it takes to achieve a particular body image, in order to feel deserving of their mother's love and acceptance.

Others get lost in seeking the approval (validation) of their romantic partners, social circle and the unrealistic beauty-fitness standards set by the fashion, fitness and entertainment world through mass media and social media.

Could this be because as a society we are not taught how to seek our own approval, but rather what is reinforced is becoming dependent on others -to approve of who we are?

Have you taken a trip down social media lane lately?

## **Externalizing "challenges"**

*The path to co-dependent relationships*

The other side of this coin can be seen when the girl engages in inappropriate behavior.

For example, if she hits another girl in school the parents may shame her for what she's done and project their experience of her behavior onto the girl.

They may say something like:

"You embarrassed me, I'm ashamed of you."

What would happen if instead of externalizing, the parent invited the daughter to internalize by asking...

"Why did you feel it was appropriate to hit your classmate? or What did this mean to you?"

Could these questions allow the girl to connect with her feelings, so she can begin to understand her emotions, manage them and respond consciously to future situations instead of reacting to them?

Could this help a girl develop emotional intelligence?

## ***Emotional intelligence***

### *Through self-parenting*

What would happen if the parent continued creating a safe space for the girl to understand her actions by continuing to ask questions?

Could it be that through contemplating each one of these questions, the parent is offering the girl the opportunity to council- coach herself?

Does this teach the girl to "self parent"?

**NOTE:** Let it be clear this process involves asking questions (in a safe space) to facilitate the girl's self discovery process. It is NOT "interrogation through intimidation."

What would happen if the parent asked the girl:

"What are the consequences of your choice?"

Followed by:

"How do those consequences feel to you?"

Can this help the girl make connections between personal choices and how the consequences of her choices impact her directly and indirectly?

Again, as infants it makes sense that the parents give us consequence, however as we grow up, ideally we should transition to assessing choices and consequence ourselves.

## ***Consequences***

### *Of disconnecting from ourselves*

If girls aren't given the opportunity to parent themselves by connecting with consequence of choice, they may disconnect from how their actions impact them, while becoming dependent on how others perceive their actions.

I can't tell you how often I see this disconnect in clients.

A good example to illustrate this is through women who eat healthily when their parents or spouses are around, but when they are alone and "no one is watching" they eat junk food.

Could it be that the women who hide to engage in self-destructive behavior do so because they weren't taught to connect with how their choices impact them?

In my experience this can happen when people are not taught to connect with themselves (self parent) and instead become dependent on others to "parent" them by telling them "right" from "wrong."

## ***Questioning & reframing***

### *Your relationship to power*

Embracing the role as the C.E.O of your body and life depends on whether you want to develop the courage to look at your upbringing, so you can understand how you learned to manage your power.

Ask yourself... Is the way you are managing your power:

▶ **Serving you**

or

▶ **Is it interfering with your ability to reach your physical, mental, emotional and spiritual potential.**

If you've never sabotaged yourself, then this information may not be relevant to you.

However, if you find yourself sabotaging the things you want in your life, including your health and physical appearance. this information will be a game changer for you!

Yes... questioning and reframing your relationship to power is in my experience critical to any woman who wants to take charge of her body and her life.

This is of extreme relevance to this program because many women externalize power by projecting the "control dramas" & "power struggles" they had during their upbringing, onto their relationship with food, exercise, body image and other people, leading to a vicious cycle of painful self-sabotage.

If you want to heal your relationship with food, exercise, body image, etc. and break the cycle of self-sabotage, I recommend you transition from an external to an internal relationship to power.

## ***"Dying to be fit"***

### *The dangers of externalizing power*

My experience suggests that women who weren't taught to manage their power from a place of inner authority, tend to get caught in a very painful relationship with body image.

This often times leads them to seek extreme beauty-fitness practices that work against their body. Some of these "Dying to be fit" practices include:

- ▶ **Extreme diets & cycles of yoyo diets**
- ▶ **Exercise abuse**
- ▶ **Diet pills**
- ▶ **Anorexia or bulimia**
- ▶ **Obsession with cosmetic surgery, etc.**

Although achieving a certain look and engaging in some of these practices may be presented to us as a path to empowerment..

I want you invite you to STOP for a minute and consider the real statement we are making when we choose to engage in these practices..

"I'm willing to compromise my health and wellbeing so I can get a "like" or a compliment from someone outside of me."

By compromising our wellbeing in exchange for external approval are we staying centered in our power or are we giving our power away to those outside of us?

## ***Confessions of a coach***

*Examples of externalizing power*

I've had clients who surrendered their power to their husbands in exchange for approval.

Out of a desire to fit a particular beauty or fitness expectation their husband may have had, many of these women opted for "dying to be fit" practices.

Some of these women came to see me after their bodies crashed from engaging in these practices.

Not only were they experiencing metabolic damage, manifested through weight gain, health issues, etc..

Some of these women were caught in a "crisis of self" triggered by the fear that their husbands would cheat on them or leave them because they (their husbands) didn't "approve" of their body.

When women establish their sense of self based on other people's approval of them, their need for external validation may lead them to do anything they can to get that validation, even if it is at their own expense.



## **Getting our emotional needs met**

*Through sacrificing self*

Many of us learned that in order to get our emotional needs met for: love, attention, affection, approval, connection, a sense of belonging, etc. we needed to surrender and sacrifice ourselves.

Where did this come from?

Not only did our parents teach us to externalize power by telling us "I'm proud of you" and or "I'm ashamed of you" and owning our successes and our challenges.

Many of our parents also lived through us by inspiring us and validating us to become who they wanted us to be, instead of inviting us to self-discover and find out who we really were.

Before you think I'm promoting childhood anarchy, read on so I can explain what I mean.

## **Parenting**

*A review*

In order to understand this better I'd like to revisit something I said earlier..

► **As infants, the role of the mother (feminine energy) is to inspire and motivate us to self explore**

► **As infants, the role of the father (masculine energy) is to validate us and approve of us when we self explore**

Ideally they do this for us while we are infants as we can't do this for ourselves. This dependent phase is a normal part of our upbringing.

As we grow up into our childhood and teenage years the parents' role is to give us the tools to become self reliant, as they help us transition into:

► **Self-inspiring adults so we can find motivation within**  
► **Self-validating adults so we can learn how to approve of ourselves.**

This process would transition us from dependency to self-reliance and teach us to trust our inner guidance.

## **Learning to sacrifice self**

*To please others*

Unfortunately my experience suggests that because most parents didn't learn how to get their emotional needs met through "self," they got their emotional needs met through their children and...

► **Instead of the mother (feminine energy) inspiring us to self-explore, she inspired us to become who she wanted us to be**

▶ **Instead of the father (masculine energy) validating us and approving of us when we self explored, he validated us when we became who he wanted us to be**

Many parents interfered with their children's ability to self-discover by manipulating them and overtly or covertly seducing them into "compliance" through "power struggles" and "control dramas":

Examples of aggressive manipulation:

- ▶ **Hitting**
- ▶ **Screaming**
- ▶ **Intimidating**
- ▶ **Shaming-humiliating**
- ▶ **Punishing**
- ▶ **Ridiculing, etc.**

Examples of passive aggressive manipulation

- ▶ **Ignoring**
- ▶ **Withdrawing affection**
- ▶ **Playing the victim role - guilting, etc.**

Before I continue, I want to say that many clients I have explained this to have said to me that this was how they were parented as children.

Based on that, I find this is not an isolated parenting model, unfortunately (based on my experience) this is a painful archetypal parenting model that transcends, races, ethnicities, socio-economic backgrounds, generations, etc.

If it was serving us I'd see no reason to question it.

But is it serving us or is it teaching us that it's not safe to connect with our personal power and be ourselves?

Through the passive aggressive or aggressive "control dramas" our parents used to force us into compliance, many of us learned very quickly that if we didn't comply we would experience painful consequences...

As a result many of us learned to become compliant by surrendering ourselves to avoid punishment and gain approval.

What are the consequences of this form of parenting?

## ***Understanding compliance***

*Meet the auto-pilot that may be driving your life*

Not only were most of us taught to externalize power.

Additionally, when we tried to connect with the world inside of us and "self-explore," some caregivers responded by manipulating us into compliance through shaming us, withdrawing their love, becoming apathetic and ignoring us or by even punishing us.

Can you connect with how scary this is?



As children -subconsciously- we knew that our survival was completely attached to our parents and many of us surrendered our will and our power.

Out of fear, we lost ourselves & became compliant in the process of pleasing our caregivers by becoming who we thought they wanted us to be.

An example would be a girl that wants to pursue gymnastics but the mother wants her to be a ballerina.

The girl's compliance is acquired through the mother shaming-ignoring her when she shows interest for gymnastics and praise, attention, love when she goes to ballet.

As shallow as this example may seem, it can have profound effects in a girl's development.

In such cases, the girl learns to surrender her needs and in turn, learns to get her emotional needs met by "people pleasing" at her own expense.

In other cases, manipulating children to surrender themselves, may trigger the opposite effect.

## ***Understanding defiance***

*Meet the auto-pilot that may be driving your life*

At some stage -this typically happens during our teenage years- we may realize that we "gave ourselves up" in exchange for safety approval & a sense of belonging to the tribe (family).

We may feel upset at our loss of power and we may project our shame and fear on to our parents or other "authority" figures by becoming defiant-rebellious.

In doing so we transition from one side of the coin: compliancy (surrendering ourselves to please our parents), to the other side of the coin...

Defiance-rebellion (often adopting behaviors that put ourselves in harm's way to "punish" our parents).

Many believe that they assert themselves through defiance.

But is that really the case?

Could it be that through making defiant choices to irritate or punish our parents or those around us, we're still giving our power away to our parents?

I can't help but wonder, when we make choices to "comply" or "defy" with someone external to us, are we really behind the choice?

Or is it the person we're complying with or defying who is truly motivating our choice?

Could the way to assert ourselves and stay centered in our power be by making choices that are right for us, instead of choices motivated by compliancy -"blind obedience" or defiance -"blind disobedience" to our parents and those around us?

What if that's true?

## **Asserting self**

*Transitioning from co-dependence on external authority figures to reliance on inner authority*

How can we ever assert Self if we haven't been invited to self -explore and connect with:

- ▶ **What choices are optimal or suboptimal for us**
- ▶ **Our personal limits and boundaries**
- ▶ **Our personal power and how we can manage it and drive our lives through it**

One of my teacher's, John McMullin, from whom I've learned many of the concepts presented in this section, said to me...

"My understanding of setting boundaries is the act of saying no to you, so I can say yes to me."

But how can we ever say yes to me, set boundaries and assert self, if we were never given the opportunity to self explore and connect with ourselves?

So long as we keep primarily focused on the world outside of us and remain oblivious to our inner world, we are bound to exist trapped in the vicious cycle of subconsciously and consciously complying-defying our parents directly or indirectly.

This is very important to explore because many women consciously & subconsciously engage in "self-destructive lifestyle habits," under the illusion that they are asserting Self.

In these cases, what they are really doing is defying impositions made by their parents or defying what the parents represented to them.

Let's explore.

## **Examples of defiance**

*Blind disobedience*

Keep in mind that this may not be done consciously

- ▶ **If the parents hated smoking the daughter may develop the habit of smoking to oppose them**
- ▶ **If the parents were health nuts, the daughters may engage in the behaviors that lead to a health crisis or being overweight, to defy them**
- ▶ **If the parents were very controlling, the daughters may develop an eating disorder in an attempt to feel like they can at least control what they put in their body, how much or how little they eat and whether they keep the food in their body or not (purging)**

The opposite can be seen in women who engage in self-destructive behavior, as a way to comply with their parents and feel like they belong to their tribe.

Although their choices are driven by their experience of their parents, these women also believe that they are driving their choices and that this is how they want to live and "assert" self.

## ***Examples of compliance***

### *Blind obedience*

Keep in mind that this may not be done consciously

- ▶ If the parents ate junk food or were “couch potatoes” their daughters may develop the same habits and they may feel like “they belong to the family” when they engage in those habits
- ▶ If the mothers have a love affair with dieting, their daughters may jump from diet to diet like their mothers
- ▶ If the parents shamed their daughters for their weight, these girls may stand on the scale multiple times a day and determine their worth based on the number established by their parents

## ***Actionable 1 Ask your self***

*Are you compliant, defiant or a bit of both?*

Based on what you’ve learned, do you get your emotional needs met by managing your power through:

- ▶ **Compliance (blind obedience)?**
- ▶ **Defiance (blind disobedience)?**
- ▶ **Alternating between compliance & defiance?**

And most importantly, can you see how compliance-defiance is an autopilot that manages our personal power based on the conscious and subconscious “control dramas” and “power struggles” we had with our parents?

Take a few minutes to write down what ever comes up to you about your relationship to power.



## ***Institutional***

### *Compliance & Defiance*

The dynamic of compliance-defiance can extend well beyond our parents.

Once this mode of relating to the world is developed we may extend the compliant-defiant “control dramas” and “power struggles” we had with our parents to the people and institutions around us.

I find that when humans feel disempowered about any aspect of their life, they are most likely to surrender their power to a surrogate parental figure to manage that area of their lives for them.

Yes, when we feel disempowered we tend to centralize our power in the institution, which takes the role of a surrogate parental figure for us.

This is one of the big reasons why people are so afraid to question the institution.

For some it may feel as scary and blasphemous as questioning mom or dad.

Taking charge of the way you look and feel through self-parenting is not about complying, it's not about defying, it's about developing the courage to question, so you can self explore and connect with the choices that are right for you and discard the ones that aren't.

And believe me, you'll be doing a lot of that through this program as this is about self-discovery, learning to truly assert self and learning to discern between what works for you and what doesn't.

I can tell you from years of experience as a coach, that if we were not given the tools to parent-self we will get lost in seeking:

- ▶ **Adult-children to surrender our power to, so they parent us**
- ▶ **Adult-children that we can "parent" by managing their power for them**

I say that we'll seek "adult-children" to take power from or to give our power to, because an empowered adult manages its power internally and gets its emotional needs met through parenting self.

### ***Confessions of a coach:***

#### *My personal experience as a coach for context*

I'd like to put this into context based on how I've learned the importance of self-parenting through my professional practice.

Before a client has even hired me, in many instances, they have already projected their caregivers onto me, and expect me to parent them.

I used to get seduced by this illusion of power, because as an adult-child I learned to get my emotional needs met by externalizing power through "taking care of others"...

Only to then beat myself up when I couldn't rescue people from themselves.

As I learned from John McMullin, the 'rescuer' is unsuccessful because no one can rescue anyone from themselves.

Through this I understood that the only person that can rescue self is self!

Before I learned this I managed my practice through compliance-defiance power struggles.

## ***The role of a coach***

*Pay attention, coach in training*

As I learned advanced coaching skills through John, I realized that my role as the coach was not to play "authority figure" and manage my client's power for them by externalizing and dictating on them as their parents probably did.

I realized that my role was to invite people to manage their own power by giving them tools and creating a safe space for them to self-discover and connect with their "inner authority."

This is so they could learn to self-parent, instead of expecting others to parent them.

When I used to tell clients that their diet needed to be "this or that" they would comply for a while and share their success so I would parent them.

Under these circumstances, I'd get seduced into parenting them by telling them "I'm so proud of you."

As it's to be expected with this dynamic, eventually the client would go into subconscious defiance, sabotage their program and "confesses" that they "cheated" with their food or exercise.

At this stage I would play the role of the mother & tell them that what they did was "bad".

And guess what that would lead to?

- ▶ **Compliant behavior**
- ▶ **Defiant behavior**
- ▶ **Alternating between compliant & defiant behavior**

Through externalizing, they were never given the opportunity to connect with the internal consequences of their choices.

As I learned to recognize the compliance-defiance game I change my coaching style completely.

The first thing I did was to stop saying "I'm proud of you".

Instead, every time my clients made a choice I'd ask the magic question...

### ***"How did it feel?"***

*An invitation to parent-self*

I now invite clients inside themselves so they can connect with consequence of choice.

I continue facilitating the process for them to go deeper and deeper into themselves and offer them a safe space for them to counsel-self and self-parent.

I also designed my whole coaching model around my "ask your body" system, which allows the client to go through a step-by step process that uses their body's biofeedback system, to identify the ideal diet & lifestyle program for them.

The **SEVEN Body Basics** is built on this model.

Through this system the client tells me -as they self explore and reconnect with their bio-feedback- what diet and lifestyle feels good to them, based on specific markers.

This is instead of me telling my clients what diet and lifestyle is right for them.

Once they've identified their starting point, we tweak and fine tune together as they learn to listen to their body and interpret what their body tells them, through the language of symptoms.

My coaching model and the **Bombshell Formula**, are a "self-parenting" model.

## ***Getting off the program***

### *Why it's helpful*

Getting off the program is part of the journey and it's used as an opportunity to self-discover by connecting with consequence of choice.

For example, if you eat a food that irritates you, you get the chance to connect with how eating that specific food feels to you.

Next time you are presented with the opportunity to eat the "offending" food, you are in a place to ask yourself (from a place of awareness)..

"Do I want to experience nasty symptoms again or not"?

This presents a HUGE opportunity that will allow you to self-parent.

You may parent-self by deciding to avoid the food, because you don't want to experience the nasty symptoms.

In this case, your experience may have taught you that when you eat that food, your skin flares up or your belly bloats and you may choose to avoid that food because you don't want to look & feel that way.

This, instead of avoiding the food out of compliance to the program, because "my coach said to avoid that food."

Can you see the difference between making an empowered choice through self parenting, versus giving your power away to someone else i.e coach, to parent you?

### ***How much pain do you need?***

*You decide*

In the same situation others may choose to parent themselves by eating the food even if it irritates them.

This offers them a brilliant opportunity to understand themselves better in relationship to the management of their personal power through food.

Some may have to go through this painful process, many times until they want to stop compromising the way they look & feel.

Each person decides when they've had enough pain and want to stop it.

What I have learned through the years of coaching myself and inviting others to coach self, is that everything happens in the person's time.

Also, that everything in our lives offers us an opportunity for us to meet parts of ourselves we're not yet aware of.

I have learned that no matter how much we try to postpone it and avoid it, eventually we are going to meet ourselves.

In other words, the "power-struggles" and "control-dramas" we have with food, exercise, sleep, alcohol, people, etc. offer us an opportunity to go inside ourselves and connect with why we manage our power the way we do.



### ***Actionable 2 Self-exploring***

*The path to SELF-discovery*

When you encounter a situation that puts you "face to face" with your saboteur, I strongly suggest you use this opportunity to go inside your-self and ask your saboteur a few questions such as:

▶ What are the habits that you give power to, that compromise the way you look and feel?

In other words, what "What are the choices that you empower, that disempower you."

Carolyn Myss

▶ Do you justify your self-destructive behavior?

▶ Are you using your power to nurture yourself or to self-destruct?

▶ Who is really in the driver's seat managing your power for you? In other words... who are you complying with or who are you defying through your choices?

▶ What are the consequences of navigating your life through compliant-defiant "control dramas" and "power struggles"?

## ***Self-exploring...***

*What it can do for you*

Going through these questions and connecting with the consequences of your choices is an amazing tool for self-awareness as it will allow you to:

- ▶ Experience the outcomes of your choices
- ▶ Connect with how each outcome feels to you
- ▶ Decide what consequences you want to invite in your life

▶ Decide what consequences you're not willing to live with

▶ Establish personal values, personal limits and boundaries

▶ Make empowered choices based on self awareness

▶ Stop making choices based on blindly complying or defying your parents or others

▶ Take back the driver's seat and manage your personal power so you can manifest your highest potential

▶ Build the life of your dreams and look & feel your best

In order to keep establishing a context about the importance of self discovery and transitioning from an external relationship to power to an internal one, we will now explore another area - our self-concept.

## ***Self-concept***

*What you believe about yourself*

If you developed an external relationship to power, chances are that your self-concept - "idea of self" - was built around the ideas your parents, teachers, friends, siblings, the media, etc. projected on to you.



In other words, if you learned to experience the world by externalizing, it's very likely that you learned to own the stories other people "made up" in their minds about you:

- ▶ You are "pretty" or you are "ugly"
- ▶ You're "slim" or you're "fat"
- ▶ You will "achieve" or you will "fail"
- ▶ You'll be "rich" or you'll be "poor"
- ▶ You're a winner or you're a loser"
- ▶ You're "smart" or you're "dumb" etc.

If you were taught to externalize, it's likely that you became compliant to the stories others made up about you and that these stories shaped you and your reality.

Another possibility is that you became defiant to other people's stories of you and you vowed to prove them wrong - "I'll show them!"

Do any of these sound familiar?

In a nutshell who you think you are (your fake "self-concept") is nothing more than a collection of other people's stories about you.

Think about it... if you weren't allowed to self-discover and build your unique view of the world how could you build an authentic view of yourself "self-concept"?

Under these circumstances, all you could do was believe the stories people told you about you and build a self-concept around their stories.

## ***Hypnotic induction***

### *How to cast a "spell"*

The stories other people have about us typically get programmed deep into our subconscious through physical or emotional pain, shame or fear.

What this means is that when we go through a stressful experience that results in us feeling pain, shame or fear, we become highly programmable.

John McMullin, refers to this state of shock as a "hypnotic stupor".

In that state of stress, whatever information is delivered to us through our senses (smell, taste, vision, auditory, sensation) gets stored subconsciously and deep in our nervous system.

Because people tend to "disassociate" under extreme stress, (meaning their mind leaves and focuses on something else in order to cope with the pain of an experience) some people can struggle recalling the incidents that may have programmed them and that may have shaped their "self concept".

## **An Example...**

*Of how we get programmed*

If a girl was called "fat" by someone she looked up to, she may have experienced deep shame and disassociated from that experience.

Hello "hypnotic induction" or said in medieval language... hello "spell."

The girl may have developed a deep-seated belief that she's "fat" and as a result she may have engaged in behaviors that validated her "being fat".

This may happen without her even being aware that someone else's story has dictated her relationship to her body and driven her choices subconsciously.

Could this be your case?

Many of us have also been subconsciously programmed through association, as is the case with advertising.

For example, when we see a TV commercial that shows a stereotype of a tall, skinny or shapely woman as desirable, cool, etc. this can also influence our beliefs about who we should be.

We really are that vulnerable to programming.

## **Other people's stories**

*What they really tell us*

Taking your power back requires you realize that the painful stories you were programmed with are nothing more than a collection of other people's stories and perceptions of the world that have nothing to do with you.

Could it be that what people said about you is really a story about the disempowerment they felt about themselves, that they projected onto you?

Are you ready to self-discover so you can establish an authentic self-concept?

## **Actionable 3 Self discovery**

*The path to breaking "spells" and connecting with your authentic self*

Because this program is about helping you look and feel your best, we'll be exploring your self-concept in relationship to body image and health!

The first thing I suggest doing is connecting with the stories you have owned about the way you look and the way you feel, question them and challenge them.

Have you used your power unknowingly to validate and manifest into your reality someone else's story about you?

If so, could it be that because you were not given the opportunity to self-explore you have no authentic self- concept - YET?

As you explore and discover-self through Knowledge, Experience and Wisdom in relationship to each body basic, you will get the chance to take your power back gradually, so you can re-direct it into looking and feeling your best.

Keep in mind that as you start working on discovering your authentic "self concept", your fake "self concept" (the one built around other people's stories) may try to seduce you back into your old patterns.

In the next pages I will describe some examples of how this may manifest, so that if it shows up you can recognize it, see it for what it is & learn from it.

### ***Beware!!!***

#### *The price of empowerment*

I feel compelled to give you a heads up..

Chances are very high that the people that are getting their emotional needs met through having a co-dependent relationship (power struggle, control drama) with you, are unlikely to celebrate you finding yourself, reframing your "self concept" and managing your power internally.

Let's take food as an example to illustrate this.

You may find yourself in situations where people bully you or make fun of you as you try to self discover though new dietary habits, that may be different to theirs & that may challenge their beliefs.

Eating is very "visceral," there's a lot of strong emotions and a deep desire to control through food.

If you don't believe me just witness a discussion between a vegan and a paleo.

The reason why people may bully you or challenge you, is because often times friends, colleagues and family members feel that they are being abandoned or left behind when someone in the "tribe" asserts themselves through new ideas, dietary habits or other changes.

Don't be surprised if they pull out their "power struggles" and "control dramas" to keep you within their value set.

Keep in mind that this doesn't mean they are bad people or that they want to harm you.

That's not what I'm suggesting!

Remember, they are most likely operating from their own compliance-defiance autopilot.

Let's see how this may play out.

## **Example 1**

### *Meet the "Food Police"*

You and your family have avoided fat -especially saturated fat- because for years the institution told everyone that eating saturated fat led to heart disease and obesity.

You learn through reliable sources that this information has been challenged.

You investigate further and feel compelled to put this new information to the test.

You begin incorporating more fat, including coconut oil, into your diet to explore how you feel. You notice that you lose weight and you feel much better.

You invite your family for dinner and they ridicule you for using coconut oil.

From that experience 2 scenarios may play out:

► **Defiance: You prove and defend your point and get into an argument.**

**You add even more coconut oil than you need to your meal, in order to "make a point."**

**From there you go on a "coconut oil bender" and you over eat it.**

► **Compliance: You try to present your argument but feel dismissed by the family's pressure.**

**Before you know it, you regress to your child-family dynamics and give your power away to the tribe's beliefs.**

**As a compliant adult-child, you put the coconut oil away in order to fit in and please.**

Now let's consider an example of what this scenario would look like from a place of Inner Authority:

## **Inner authority**

### *An example*

You go about your meal without commenting about your new dietary habits (it's no one's business but your own).

If they happen to notice and ask (which they may, as people love to play "food police")... you could say something along the lines of:

- "Yes, I've been doing some research and I'm exploring how my body responds to eating more fat and so far I feel better."

If they try to tell you: "The American Heart Association just released a presidential statement saying that coconut oil elevates LDL cholesterol, OMG eating this will give you a heart attack."

You may say something like:

"I hear what you are saying, I've looked at their claims and I appreciate you expressing your concern. If you'd like to explore another scientific view on the topic, feel free to ask me at the end of dinner so I can refer you to books, lectures and plenty of research that offers a different perspective."

On that respectful note to self and to them, change the topic and continue with your meal.

This is unless you want to engage in "control dramas" and "power struggles" by playing the "prove and defend" game with a group of people who for years have been in compliance with an institutional belief.

My experience with getting into those games, is that this is a sure way to ruin your family gathering!

### ***Example 2***

#### *The Guilt card*

Imagine you just realized you experience severe digestive distress when you eat cake.

However, eating grandma's cake may be a way in which the family bonds on Saturday nights. When they offer you a piece of cake if you say to them...

"Thanks I'll pass"

The family is very likely to exert pressure onto you, so you comply & eat the cake.

They may say things like

- "It's our family thing"

- "Grandma made it"

- "Oh come on one piece won't hurt", etc.

Under these circumstances many people give their power away to the family, eat the cake and then experience several days of physical pain and discomfort, as well as the emotional pain of knowing they "sacrificed" their wellbeing in exchange for approval, validation, fitting in and people pleasing.

### ***Example 3***

#### *"It's your genes"*

Another scenario that may play out is that they tell you something like:

- "No matter what you do you'll always be fat, look at us, it's genetic, it runs in the family."

## ***A word of advice...***

*From a place of experience*

If you find yourself in situations like the any of the ones mentioned, I suggest you look at them as opportunities to practice managing your power, asserting-self and connecting with your authentic "self concept."

I'm sharing this with you because I've never had a client who didn't go through these "power struggles" & "control dramas" with their family and friends, as they were going through the process of self-discovery, developing an internal relationship to power and establishing their authentic self-concept.

My experience suggests that peer pressure is one of the biggest reasons why people renounce their attempts to take charge of the way they look & feel.

Beware & learn from each experience!

Realize that taking your power back is just one part of the equation, you also need to learn how to manage it and stay centered in it and that takes practice...

And believe me, through your family, friends and the institution you'll get plenty of opportunities to practice!

I'd like to invite you to observe, watch how your tribe uses "control dramas" and compliance-defiance "power struggles" to seduce you covertly and overtly, so you surrender your power to them.

In the same manner observe and catch yourself trying to manipulate others into complying with your values.

It might take all your strength to stay centered in your power. You may find yourself "being manipulated" and "manipulating" quite a few times, until you develop the strength and inner-authority to manage and respectfully command self.

When this happens, you'll know you've learned to manage your power internally and honor & respect-self and as a result you've learned to honor & respect others.

At this stage you'll realize that the compliant-defiant autopilot is no longer driving your life... YOU ARE!



## ***Words of wisdom***

*To help you on this journey*

I asked one of my teachers Paul Chek, "why do we do the disempowering things we do?"

To which he replied...

"We have to experience what ISN'T, so we can recognize what IS."

When I expressed to John McMullin the shame I felt for making certain life choices, he said to me...

"Regret is looking at yesterday's choices with today's values".

I wanted to share those quotes with you because some of you may beat yourselves up over past choices.

I'd like to invite you to see the wisdom in these powerful words so you can start reframing the way you experience yourself.

Keep in mind that our internal dialogue is often harsh and we tend to parent ourselves and talk to ourselves in the way our caregivers parented us.

This is an opportunity for you to ask yourself how you want to parent yourself and talk to yourself moving forward.

Will you continue beating yourself up and shaming

yourself, or are you going to parent yourself compassionately and with respect?

What would it sound like or feel like to be coached-parented respectfully?

Can you start doing that for yourself?

## ***Actionable 4 Power***

*How were you taught to manage power?*

The following comparison table has been specifically designed to help you evaluate how your relationship to power may have been established.

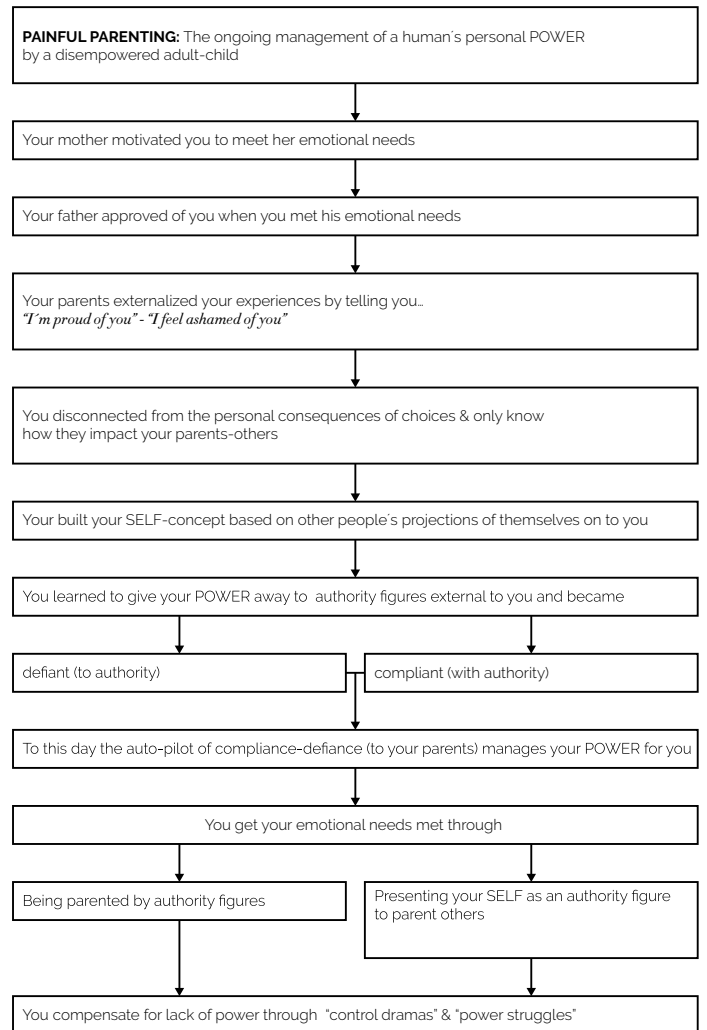
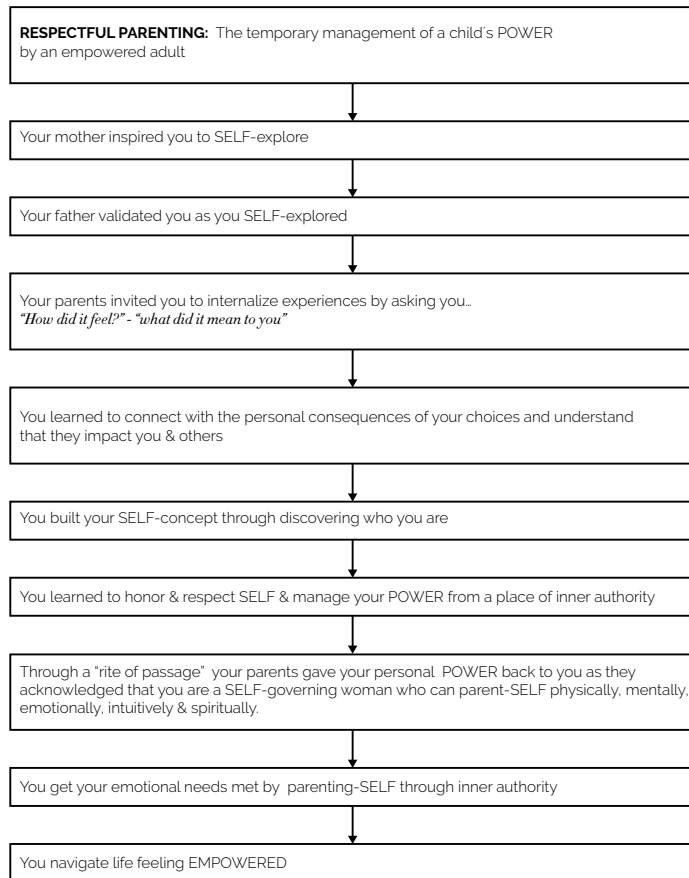
Based on the table and the information covered in this section ask yourself...

► **Was I taught to manage my power internally to manifest my highest physical, mental, emotional intuitive and spiritual potential?**

OR

► **Was I taught to manage my power externally through the "control dramas" and "power struggles" of compliance-defiance?**

If so, connect with consequences and decide if you want to keep having others parent you or if you're ready to start parenting your self?





## **Actionable 5** **Document your Bombshell wisdom**

*In relationship to Power*

In the next page you will find a form that will allow you to document what you have learned about yourself in relationship to power through the Bombshell Formula:

**(Knowledge + Experience = Wisdom).**

## **Actionable 6** **Ximy's bombshell wisdom**

*In relationship to power*



## **In closing**

*A question for you*

I'd love to close this section with a powerful quote from Carolyn Myss...

"Consciousness is becoming aware of how much power you have and how you want to use that power."

My question to you is... will you use your power to self-destruct or will you use it to look and feel your best and explore your full potential?

## **What's next?**

*In your journey*

If you are confused about what to eat because you keep hearing conflicting arguments about food, no worries, in the next section EAT, I will share with you powerful tools to connect with the foods and eating plan that will help you look good because you feel good!

Enjoy!

## **BOMBSHELL WISDOM**

*What you have learned about “yourself” in relation to POWER?*

*PERSONAL NOTES:*

## **BOMBSHELL WISDOM**

*What you have learned about "yourself" in relation to POWER?*

*PERSONAL NOTES:*

## **BOMBSHELL WISDOM**

*What you have learned about “yourself” in relation to POWER?*

*PERSONAL NOTES:*

## **BOMBSHELL WISDOM**

*What you have learned about "yourself" in relation to POWER?*

*PERSONAL NOTES:*