



Episode 28 : **Help! There Are People Out There!**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona shares the tools that have helped her transition from a rather isolated existence to creating people around her that she enjoys and can be totally relaxed being herself.

### **Key messages:**

- Those of us who are labelled as 'shy' often find it difficult to be around people
- We find that there aren't so many people who we are truly interested to be with or aren't relaxed around
- Many of us are just not that good at faking interest in what others are saying
- What if it's just that there are certain people we can't be bothered to be around and what if that isn't a 'wrongness'?
- If we have an isolated life and would like to change that, we can ask for people who would be fun for us to show up in our lives and ask to have ease around others

## Tools and Questions

*What can I say that these people can hear? Everything that doesn't allow this, will you destroy and uncreate it all?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*What would it take to enjoy myself?*

*What would it take to enjoy myself when I go out this evening?*

*Everything that doesn't allow this, will you destroy and uncreate it all?*

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*Everything you may have done to make you wrong; 'oh I'm shy, oh I'm stupid, oh I don't like being around people, other people find it easy to be with others, I find it so hard to be around people', all that stuff that you've been doing to yourself, all that stuff your mind has been telling you, will you destroy and uncreate it?*

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Just ask for what you would like.

*What would it take to have people I enjoy being around to be in my life more?*

*Who else can I invite into my life that would be really fun for me? Everything that doesn't allow this, will you destroy and uncreate it all?*

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*All the energy that comes up when you hear about people who say that we must abide by their rules, will you destroy and uncreate it all?*

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*And if you get triggered by others, say, anywhere I'm doing that, insisting that others do what I say they have to do, I destroy and uncreate it.*

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## Resources:

> Fiona's webinar on Monday, 4th October 2021 at 8pm CET: [Three secrets to overcoming shyness without talking with anyone](#)

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