



Episode 57 : **Standing Up For You**

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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 talks about the learning process she traversed as she transitioned from being too shy to show up in the world to bringing kind people into her life who treat her the way she desires. She shares with us tools to help us learn how to stand up for ourselves without lashing out.

### **Key messages:**

- Shyness is about how we 'show up' in the world
- It is common for shy people to not stand up for themselves and end up in a space where people treat them badly
- People treat us in the way we teach them to treat us
- Honouring and being kind to ourselves gives people the message of how we desire to be treated

- We stand up for ourselves by having clarity about how we desire to be treated, sharing this with others and staying out of their worlds while they process it

## Tools and Questions

*All the energy that comes up when hearing talk about being a weak, pathetic person, whatever that brings up for you, will you now let it go, will you destroy and uncreate it? Thank you.*

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

*Everything that hearing about sending energetic messages to treat you badly brings up, will you destroy and uncreate it?*

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*What kindness can I be for me and my body?*

*What would it take for more kind people to show up in my life?*

*What would it take to treat me how I would like to be treated by others?*

*All the energy that these questions bring up, will you now let it go, will you destroy and uncreate it? Thank you.*

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

*All the energy that comes up when hearing that there isn't a formula for being greater, for coming out of shyness, will you destroy and uncreate it?*

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## Resources:

> Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)

> [Find me](#)

> [Right Voice for You](#)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.