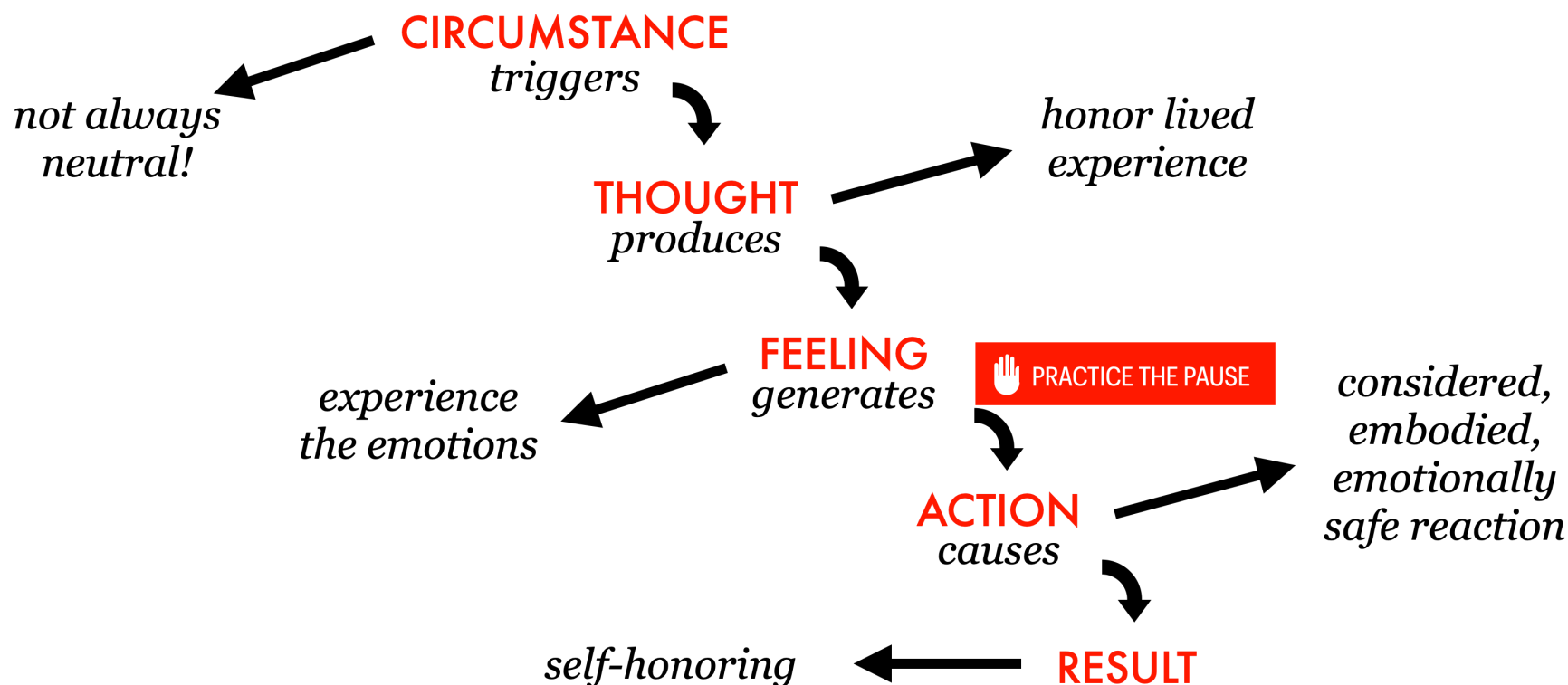


# FEMINIST SELF-COACHING MODEL

No more blame or shame!



1. Events are almost never neutral (they're informed by the society in which they occur). Privilege affords "neutrality."
2. Your thoughts about what happened are informed by very real lived experiences and/or inherited trauma.
3. Your emotions that come up are also very real. They're valid and deserve to be felt and trusted.
4. Pause to take *considered* action based on what you know to be true for you, not what you "should" do.
5. Using this approach, you'll hopefully arrive at a self-honoring result vs. the "right" response.