



## Episode 27 : **Are You Willing To Be Disliked**

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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 kicks us off with magical tools to help us let go of all the limited places with function from when we are unwilling to be disliked.

### **Key messages:**

- It's so easy to go into other people's worlds about us being wrong, and becoming unsure of ourselves
- We may have developed coping strategies to make us acceptable, to be liked and not be us
- We can learn to be ok with people directing negative information about us to us
- When we don't, we can end up with a lot of unexpressed, suppressed anger when we try to do the 'right' thing all the time, when we try to please people all the time

- If we have exploded with someone, we can put it in the past when we are with them the next time, we can see other things about them, not just what made us explode

## **Tools and Questions**

*All the energy that comes up when I ask you, “Are you willing to be disliked?”, will you destroy and uncreate it all? Thank you.*

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

*All the energy that comes up with the word ‘vilify’, will you destroy and uncreate it? Thank you.*

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*Anywhere you’ve been and done sticking up for yourself and feel guilty for it, will you destroy and uncreate it? Thank you.*

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*Anywhere you have been in a situation where you couldn’t contain your anger, you exploded and then you judged yourself for exploding, felt guilty for it.*

*All of that, will you 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®.

## **Resources:**

> Free: [5 Steps to Overcoming Shyness](#)

> [Find me](#)

> [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.