



## Episode 1 : **The Good the Bad and the Ugly of Shyness**

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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 we hear Fiona's take on shyness and learning that it is possible to overcome shyness even when you don't know how, using the tools of Access Consciousness's Right Voice for You.

### **The Good:**

Keeping herself under the radar from a hypercritical dad was a life saver and kept her safe

### **The Bad:**

Her shyness was so debilitating that she stopped living or expressing what mattered to her.

She couldn't tolerate being seen by others and she felt shame and pain because she knew she wanted more from life, wanted to dance and move her body without feeling afraid of being judged

## **The Ugly:**

For Fiona, the ugly was how much she judged herself for being shy, how much she hated people thinking she was shy, being afraid of saying something stupid and not knowing how to change it.

## **Tools and Questions**

*Is there something you judge yourself for?*

*What if you were not wrong for doing that?*

*What if it was your greatest strength?*

*What if I'm not as messed up as I thought I was?*

*What if choosing that shyness was a good move?*

*What if you have something valuable to the world?*

*What if your voice matters in the world?*

*Everything that me talking about what's bad about shyness brings up in your world, will you let it go, will you destroy and uncreate it?*

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

*What if we didn't judge our shyness?*

*All that energy that's up in your world when I talk about judging you, judging your shyness, truth, will you destroy and uncreate all of it? Thank you.*

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

## **Resources:**

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> [Right Voice for You](#)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)