



Episode 31 : **Being Direct**

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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 how she changed from going into fight with her landlords when her accommodation wasn't working out to being direct, saying what was really true and creating what was required for her.

### **Key messages:**

- Being direct is not aggression, it's just a willingness to state clearly what's really going on
- When we say something others don't want to hear, they can accuse us of being forceful
- Notice the places where you find it too difficult to say what others might not want to hear and use the tools to create something different

## Tools and Questions

*All the energy that comes up, all the spaces where you're not willing to just voice what's true because you go into the other people's worlds and you try to figure out what they're going to think, how they're going to react, all of that will you let go of it, will you destroy and uncreate it all?*

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

*Everywhere I'm choosing to fight here, I destroy and uncreate it.*

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*Who or what am I fighting here that if I didn't fight it would give me all of me. All the energy on that, will you destroy and uncreate it?*

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

*When you notice places where you find it too difficult to be direct and say what may be difficult for someone else to hear, say everywhere I'm hesitating to say what's true here, I destroy and uncreate it.*

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

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [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.