

# ***GIRL - YOU GOT YOU!***

**THE 6 STEP PERSONAL INPOWER™  
PROCESS**



**A SELF DEVELOPMENT GUIDE**

# HAVE YOUR OWN BACK©

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## WHY RIGHT NOW?

*It sounds simple, doesn't it? Just have your own best interests at heart. Pick yourself. Guess what? We already know how to have our own backs. We are programmed for survival - yet we still put others first.*

### How does it look to have your own back?

- It looks like you naturally using your intuitive skills of self-support; knowing what you truly need *and doing it.*
- Using your own ability to provide safety, stability, protection, and support *to yourself* whenever necessary;
- plus you'd watch out for anything potentially risky, *without living in fear.*
- You become self-aware and self-stable.
- You don't look outside yourself for fixing, support, or getting your own needs met.
- You serve from a full cup.

(I was published in [an article here](#) discussing the four best words you can say to someone you care about and undeniably they are: *"I've got your back."* )

### What about taking the same kind of stand for ourselves? Can we do it?

When someone else tells you, *"I've got your back"* it means you aren't alone. It means *"if you feel you're in trouble or danger, I'll keep my eyes open for you."*

*"I've got your back"* means: *"I will hold the high watch for you; I believe you can do this; I believe in you. I will stand by you; I'll watch for risks you can't see, and I support you 100%."*

### Do you have your own back?

**The truth:** most of us were never trained in self-support or self-advocacy, so it's no surprise at some point we run into difficulty in this area.

Because no other person knows exactly what we need or want, *even if we expect them to. Even if we've told them.* They aren't us. They don't live in our skin, and if they that would be creepy.

I've worked with clients who ran the gamut in the 'emotional wheelhouse'; ranging from feeling like they've been continuously being taken advantage of in all their relationships, to feeling like they are the only ones who care about anyone else's needs, to sheer adrenal exhaustion, or those who thought being 'nice' meant never saying *"no"*. *Ever. Or God forbid setting a boundary!*

# YOU MATTER.

*Too many of us fall into one of these ...*

We wake up dreading getting out of bed, knowing the stress the day might bring.

We are bone-dead tired.

Maybe we have started to feel like we have adrenal issues, head or body aches, we end up in bad situations, we aren't listening to our own internal guidance, or are even starting to have panic or anxiety issues or attacks.

*We feel like 'something is wrong' but don't know WHAT.*

*These are all signs you don't have your own back.*

They are indicators you don't take your own best interests to heart. This paints a painful picture, but it doesn't have to be this way – there is another way.

**Imagine ...**

**Imagine** walking around knowing you had everything you needed to take care of yourself every minute. And if you didn't have it, you'd get it.

**Imagine** knowing you are a fully self-contained unit of awesome and you're also being supported by the universe at every turn. And if something difficult comes up, you'd have the resilience and ability to handle it.

**Imagine** your entire well-being as a priority, and knowing the truth deep down -- self-care isn't selfish, it's self-preservation!

**Imagine** knowing you will always be kind to yourself and ask the same of others.

All of this happens when you realize no one else is actively looking out for you (and your best interests) even if they are your parents or partners; not in the soul-deep way you need them to. No one can do this for us.

And it's not because the people in our lives are callous, cruel, or clueless; they just don't quite know how or what to do. *We haven't explained it to them. We haven't shown them by taking care of ourselves first. We haven't set ourselves up for their support. Or we demand they care for us, yet we don't do our own needs maintenance!*

**Are you expecting people to be mind readers?**

Too often we expect people to read our minds, or worse, we just settle with what we get and don't feel comfortable asking for more. More attention, more communication, more love, more respect, or more of what we want. We've never been told it's our job to have our own backs, or had it powerfully role-modeled for us. What we've seen are others with the same feelings of disappointment and lack.

Or if we know people who are great at 'self-care' sometimes we judge them as selfish! Maybe only because it gets in the way of our needs getting met!

# YOU ARE PERFECTLY ENOUGH.

## HOW WE GREW UP

When we were children we depended on others for our survival. We expected to be taken care of, fed, watered, clothed (or stay naked if you were the 'naked kid') but we were all programmed to be stay alive. And we were programmed to learn, to be mentally stimulated, and learn learn learn. Inherently we knew what we needed. Our needs were pretty simple.

We didn't question whether or not we deserved to be fed, if we had earned self-care, or if our favorite toy loved us or not. We just screamed when we were hungry knowing someone would eventually be there to feed us.

We never asked if it was ok to want to be warm, we just wanted to be warm. And our favorite toy? Of course it loved us. We just knew it. Have you ever heard a baby scream as if they've never eaten before, when really it just a few hours ago? As little beings, *we expected our needs to be honored*. And there would be a potential tantrum if we weren't fed, getting enough sleep, warm, or changed. We let people know if things were not as we needed them to be. Loudly.

Somewhere down the line, things shifted. Maybe we weren't able to have what we wanted, or maybe our voices weren't heard or what we asked for didn't matter. Maybe we didn't get what we needed. Maybe we didn't feel safe. Maybe we lived in chaos or dysfunction. Out loud or quietly seething.

Maybe we didn't learn how to ask for things because we got used to dealing with whatever showed up/was provided for us. Maybe we didn't know we had the right to something different.

*Learned helplessness* is a pattern of behavior where after many times of not being able to affect our environment, we give up. We learn that we are helpless because someone else is in control of us. *We learn to stop wanting and to stop asking*. Our voices didn't seem to have any effect, so we tried to control our environment in different ways. Some by reeling, and others by people-pleasing.

For too many of us, we don't even remember falling into these patterns it was so long ago. Many people I work with are in their 30's, 40's, or 50's unraveling these behaviors they've had since childhood.

# YOU'VE GOT THIS.

## SOLUTION

Here's the thing -- as a fully grown adult expecting anyone else to look out for you all the time (feed you, clothe you, keep you warm and make sure you have your favorite toy) isn't healthy and it's a set up for disaster and disappointment. It slips into unhealthy, non-functional or seemingly codependent behavior patterns you really don't want to engage in.

Just like trying to get the validation you're OK from people or things outside of you. No, a great car doesn't not anyone a more better person.

I've even taught many of my clients how to say "no" to something hurting them, even something as seemingly innocuous as an exercise class with a 'drill sergeant' type yelling at them to go faster or harder. *"No pain, no gain."*

No, pain is the body's message to stop.

You've heard it said before, *"We teach people how to treat us"*, and the majority of folks are on autopilot busy living their own lives. Not out of intent to cause harm to others but they are just doing what they do to make it through a day. They're doing their lives, to the best of their abilities at this time.

*"Did he/she seriously just say/do that? Don't they know how much it bugs me? Do they care about my feelings at all?"*

Honestly it's not that most people don't care about our wants or feelings, but it's about the ability of others to understand clearly what we want or what we need. Again, they aren't us. Everyone is walking around having their own experience, surviving as they best can, and empathy isn't something we start learning in schools yet.

Without being able to clearly understand your point of view, your needs, or what you want it's easy for people to get distracted by what they want instead.

## WHO AM I?

Why do I care so much about this particular subject? I've lived it. I've been there and started studying self-development at the age of 13, and on through college and post-graduate work. I ran a crisis hotline, and have been a mentoring coach for over 20 years. I practice everything I teach, and I've worked directly with over 40,000 people and helped them uncover the tools to find their way.

# YOU ARE VALUABLE.

## OBJECTIONS?

We are constantly being bombarded by messages everywhere about how we aren't good enough, thin enough, rich enough, or just generally enough. Or we need stuff or relationships outside ourselves to be better. Many of us don't even resist these messages anymore, in fact, sometimes we buy into them. (And I have a garage full of exercise gadgets to prove it)!

**Learning to have your own back means you don't let negative messaging penetrate the cocoon of warmth and protection you create around yourself. Having your own back means your own stability, safety, and protection comes from within and you're not waiting for someone else to deliver the 'happily ever after' you've been wanting.**

Happy is a state of being, you can choose it at any moment. OR work toward it. Long-term happiness is remembering the feeling of happiness or peace and re-engaging in it as often as you can.

**You become who you've been waiting for when you can provide yourself with things you know would be great for you.**

You are your own safety, security, and stability and no longer have to look outside yourself for things to fill you up or make you feel or look better.

Transient items like clothes, cars, degrees, job titles, relationship status, and the number of followers/fans/friends are changeable and difficult to base security on; they could change in an instant.

- You stop feeling like you might be broken, and you know you don't need fixing.
- You stop allowing negative people or negative situations to rain on your parade or bring you down.
- You might even start setting boundaries distancing yourself from people who make you feel bad, less than, or not good enough.
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*Maybe you even sign up for coaching or a course on building better boundaries, as I offer? Check out [www.BoundaryUniversity.com](http://www.BoundaryUniversity.com) - launching summer 2022.*

# HAVING YOUR BACK - THE SIX STEPS

## 1. **KNOW IT**

Learn to know what your needs and wants are so you can feel safe and at peace.

## 2. **OWN IT**

It's up to you to ensure you're taking care of yourself, and it doesn't make you selfish. This is one to realize this over and over.

## 3. **ASK FOR IT**

Learn how to ask for what you need or want from the people in in your life.

## 4. **SET IT**

Learn your boundary setting rhythm/type. Tune in to listen to your intuition - it'll guide you beautifully to when to set a boundary.

## 5.

### **STAND UP FOR IT**

Create strategies to effectively stand up for yourself when your needs aren't being met.

## 6.

### **DETACH IT**

Detach from outcomes and how other people play into them. Breathe. You've got this.

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### **CELEBRATE IT!**

Congratulate yourself for all wins, big or small. You've shown yourself you've got your own back. And that's huge.

# THE 6 STEP METHOD

1.

## KNOW

The first step to having your own back is pausing for a second to acknowledge you have needs and wants (yes, even superheroes need stuff). Start by asking yourself if they're being met; if you have what you want and need right now.

This includes basic needs like food, water, movement, sleep/rest, and higher needs like connection, feeling valued, and respected.

Too many of us don't eat when we're hungry, drink water before we're dehydrated, or rest when we feel tired. Having your own back means you know and respect your needs, they become a part of your mental conversation with yourself. *"Am I hungry? Tired? Do I need a break or a glass of water?"*

2.

## OWN

It's up to you to ensure you're taking care of yourself, and it doesn't make you selfish. You'll have to realize this one over and over because the world doesn't stop just because you need or want something.

*You have to make it stop.*

Too many of us don't even stop to pee when we need to, we hold it or we rush through it! This is not having your own back. Let yourself get what you need, and what you want.

Realize it's up to you. No one's coming to save you or make sure you get a potty break.

3.

## ASK

Learn how to ask for what you need or want from the people in in your life. Communication is up to the communicator. Ask in a way others can hear.

4.

## SET BOUNDARIES

Learn to listen to your intuition - it'll guide you beautifully on when to set a boundary. If you're unclear on boundaries, get support. They are a practice. There are three kinds of boundaries: soft, neutral, and hard.



# THE 6 STEP METHOD

5.

## STAND FOR IT

How others deal with your boundaries isn't up to you. And yes, sometimes when we start setting boundaries, they're not received with fanfare and kudos. People are used to having what they want from us, and they like it that way.

Don't make them wrong. If we are changing agreements, then know you might see some resistance at first.

By starting to set boundaries you're saying you want something different. Give people a minute to adjust. Some will honor your asks, some won't. Take note.

It's ok to ask again, even being a little stronger.

People respect people who respect themselves, so by continuing to let others know what you want/don't want and by letting them know if it doesn't happen what you'll do - you're respecting yourself.

6.

## DETACH

By allowing others to make their own choices, you get to make yours as well. Yes, we would like certain outcomes but they are much harder to get the tighter we hold onto them. Don't take it personally.

When you set a boundary, you also need to know what you'll do to take care of yourself if it's not met. How will you have your own back?

Sometimes we pull away from places or people that aren't serving us. Sometimes we get angry and blame them, but know it's not their fault. It's no one's fault if we want something different.

Let it go.

3.

## CELEBRATE

It's a bummer we don't celebrate each others boundaries, but learn how to give yourself a high five for every difficult conversation, ask, request, boundary, and consequence. All of this is you celebrating YOU!

# Having Your Own Back - The Checklist

## **Daily Declarations:** I'm in

♥ my power. I'm enough. I've  
got this. I've got my back.  
The universe has my back.

## ♥ **COMFORTING THINGS:**

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....

## ♥ **THINGS THAT MAKE ME FEEL SAFE --**

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## ♥ **WHAT I NEED TO FUNCTION AT MY BEST:**

**LIVE POWERFULLY. BE BOLD. BE GRATEFUL. LAUGH.**

# Having Your Own Back The Checklist

## ♥ THINGS THAT BRING ME PEACE

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....

## ♥ WAYS I HAD MY BACK:

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## ♥ WINS! CELEBRATIONS!