



EMPOWER
YOURSELF

Personal & business coach

Work book

10 steps to overcome domination

Empower yourself in every situation

Chantal van den Broek

Empower yourself in every situation

This work book is the companion to the book
10 steps to overcome domination

The power of how you deal with domination lies in DOING. That's why I created this work book especially for you. I recommend you read the book 10 steps to overcome domination first, then complete the exercises and go through whatever steps you think you need to, again.

It is important to work on your points of development every day. That way, you get the most out of the book and achieve the best results. The most important thing is that you have fun completing the exercises based on the [EMPOWER model](#).

The **EMPOWER model** stands for:

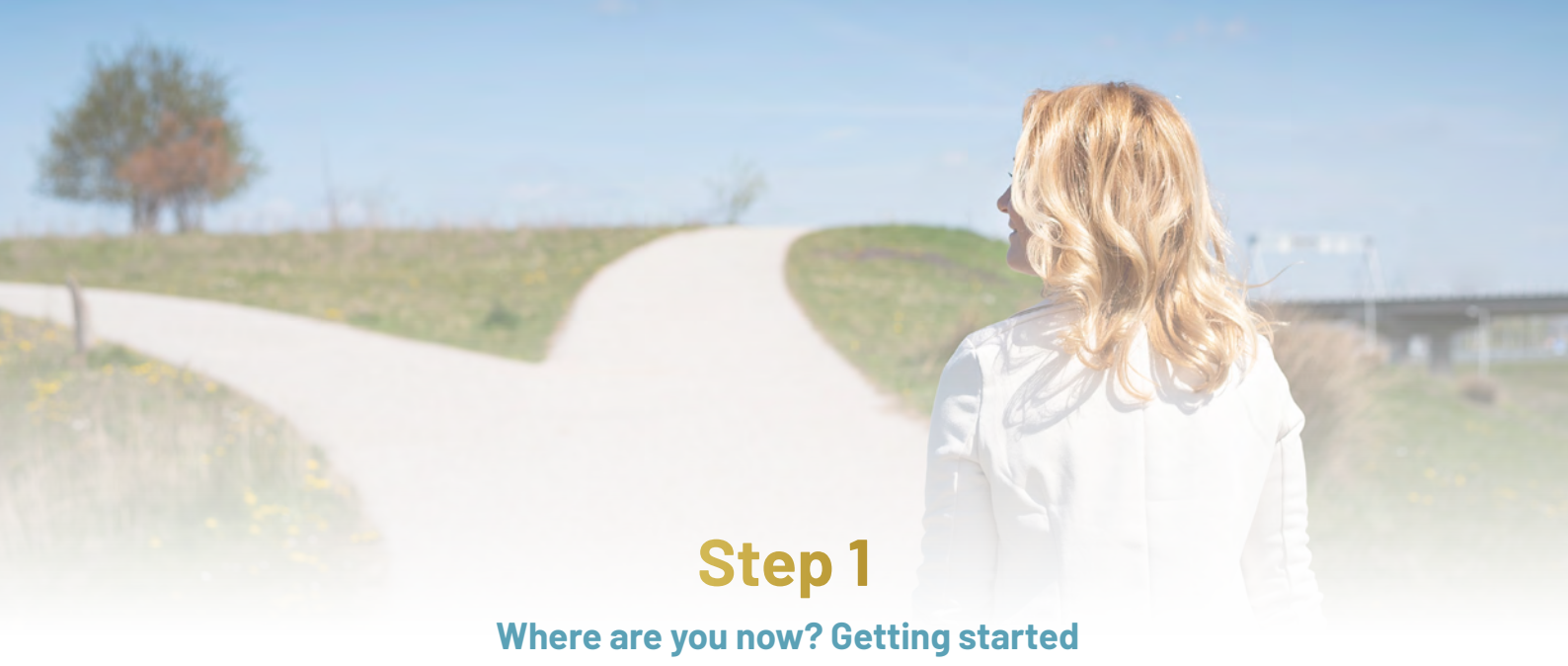
- E** = m**E** first!
- M** = Adopt a positive **M**indset
- P** = Be **P**roactive in every situation
- O** = **O**vercome limiting beliefs
- W** = **W**ork on your inner resistance
- E** = **E**motions in balans
- R** = Celebrate **R**esults every day

Know that you can achieve your goals and dreams.

Believe in yourself, you are worthy of being happy.

I believe in your power!

Chantal van den Broek, coach



Step 1

Where are you now? Getting started

First of all, it is important to know where you are now. If you know that, it's easy to decide the path you want to take. Then, if you then take action at every step, you will reach the point that you stand strong in any situation involving dominating behaviour. That means, you can achieve any goal you want.

In the book, you looked at and decided for yourself where you stand according to the [Happiness model](#). What are the points of development that you can work on for yourself? Write them down so you gain more insight into yourself.

Subject	How do you prefer to see yourself?
1. Emotinal	
2. Personality	
3. Self-reliance	
4. Communication	

What is your present situation?

Use the **Happiness model** for this. **Write down situations involving dominating behaviour you encounter every day. What do you find difficult? What do you run into?**

Look at yourself

See yourself

Be yourself

Chantal van den Broek, coach



Step 2

Analyse and describe your patterns, attitude and behaviour

Often, you have recognisable behaviour in the interaction with domineering people. One person is domineering, while the other withdraws and becomes introvert. This causes the domineering person to become even more domineering. If this happens repeatedly, you will display the same patterns, attitude and behaviour in every situation where there is domineering behaviour. Once you realise this, you can turn this into the behaviour you really want to radiate.

What are your patterns when dealing with dominating behaviour?

**Once your patterns are clear, your attitude and behaviour also become clear.
Write them down so you become more aware of them.**

***There is a positive element in every situation.
Every situation contains a lesson for you.
The lesson only becomes visible when it is time for it to unfold for you.
Then you understand why it happened.***

Chantal van den Broek, coach



Step 3

Where do you want to be? Write down your goals

You know where you are and you also know what patterns, attitude, and behaviour you want to change. This is the moment to look for the common denominator in your life. What do you run into, and what do you want more of in your life? Are you living authentically or are you playing a role in a scene from someone else's film? Write down what you really want to achieve.

Take the time to feel who you really are and what you really want.

Tip: to get out of your head, do the visualisation exercise before you write down your goals. (download via the tool kit 'domination').

Then write down in the present tense the goals you know in your heart you want. Enjoy the process!



**If you can dream it,
you can do it.**

Walt Disney



Step 4

Put yourself first

E = m**E** first

You have envisioned what you want to achieve. This is the moment to start working with the **EMPOWER model**. You can apply the **EMPOWER model** at any time in your life, in any situation. You are the most important person in your life. Only when you are clear about what you want and take good care of yourself, are you able to look after someone else. If you notice this getting out of balance, re-calibrate. You are at the helm, and you decide the direction you want to go.

It is important to put yourself first. Set aside time for yourself every day. Do what feels right and what feels good at that moment. Enjoy life.

To train yourself to live more from the heart, write down your behaviour when making decisions. Notice whether you choose rationally or from your heart. Try to choose from the heart and see how that affects you. Start with small steps and slowly build up. Experience the difference.



**Follow your heart,
it's never wrong.**

Unknown author



Step 5

Adopt a positive Mindset

M = Mindset

You are at the helm, ready to get started on your goals. It is important to know how your mindset works. Do you give up at the first hurdle, or do you pull yourself together and keep going with a positive mindset? If you radiate positivity, that will come back to you like a boomerang. That's also true if you radiate negativity: that also comes back to you like a boomerang. Which mindset will you choose?

Write down your thoughts about a situation with a domineering person. Notice what you think about these thoughts. If these thoughts are negative, see how you can turn them into positive thoughts. This is a tough task. Go through it, and feel it fully.

Empower yourself by saying positive affirmations out loud or in your head every day. That way, you train your mind to think positively. Feel the difference between a positive and a negative thought. Write down your experiences.

Here are some affirmations:

I love and value myself.

Everything I do is a great success.

I am safe, now and always.

My thoughts, emotions and beliefs are loving, powerful and positive.

Repeat these phrases one after the other, 3 times. This helps them sink deeper into your mind. Repeat the affirmations as often as possible throughout the day. You will see that positivity comes back to you like a boomerang.

If you notice yourself having a negative thought, turn it immediately into a positive thought.

It is so easy to do, and it is life-changing. Go for it!

**If you change your mind
you change your life!**

William James, American philosopher en psychologist



Step 6

Be Proactive in every situation

P = Proactief

You have learned that you achieve the most with a positive mindset. It is important to be proactive in every situation. This means, taking steps to achieve your goals. You may run into an obstacle or trigger and this is your opportunity to deal with it.

Take note of when you experience triggers caused by another person's dominating behaviour. Write down your perception of it, how it felt at that moment. What were your emotions? Keep breathing deeply in and out. Your breathing will help you stay in the present moment, despite the fear you feel. Another tip is to look at yourself in the third person. That helps create emotional distance so you can see and feel what is happening. After you have written down all your experiences, feel where they came from. Write this down. If you can't do this right away, give yourself a break and let it go. The insights will come when the time is ripe. If you feel upset, breathe deeply in and out 5 times. You are in the now, even if it's only for a moment!



**Feel the fear
and do it anyway!**

Susan Jeffers, American psychologist



Step 7

Overcome limiting beliefs

O = Overcome limiting beliefs

Your beliefs may limit you. You may be trapped by dogged convictions that stem from ingrained patterns. Become aware of them, choose new beliefs and notice how it liberates you.

Draw up a top 10 of your most important core values. Write this top 10 on a piece of paper and hang it up where you can see it every day. These values show you what you stand for. Examples of core values may be: authenticity, creativity, bravery, discipline, sense of justice, humour, inner peace, independence, freedom, enterprising, wisdom, caring.

What values do you stand for? Fill them in on the following page. This is the anchor that reminds you what you stand for.

My 10 most important core values

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Once you have done that, apply the REBT method each time you have a limiting belief. Then choose a new, effective behaviour.

Create an affirmation you can repeat every day. Apply the **REBT model**:

- A. What happened?
- B. What do we tell ourselves?
- C. What are the associated feelings & behaviour?

What is your limiting belief in this?

Which new behaviour do you choose?

My affirmation is, and repeat this multiple times every day

***Your beliefs become your thoughts, Your thoughts become your words,
Your words become your actions, Your actions become your habits,
Your habits become your values, Your values become your destiny.***

Mahatma Gandhi, freedom fighter



Step 8

Work on your inner resistance

W = Work on resistance

In the process of letting go of triggers and blocks, you will feel resistance. You can get stuck in resistance and either act it out on another person, or you can work on it. Resistance is trying to tell you something. If you investigate what this resistance means, you can turn it into positive behaviour.

Examine whether you have experienced a trigger in the past or right now. Write down the topics as described in the paragraph: 'Examine the trigger'.

Once you have gained insight, be grateful that this precise situation came your way, to help you recover.

Write down for yourself:

- The situation.

- Your thoughts and ideas.

- Your feelings and behaviour.
- Where they come from.
- What you want to change.
- What actions you will take.
- Check if these actions align with your goals.

Evaluate on a regular basis whether you are focused on your goals.

***Forgiveness is not about the other,
it's about you: letting go of the burden
you carry, with you every day.***

Dalai Lama, spiritual leader



Step 9

Emotions in balance

E = Emotions

When dealing with dominating behaviour, it is important to maintain your equilibrium, whatever the situation. Make sure you have your emotions under control. If you are in control of your emotions and also your thoughts, you can see the big picture and take charge in every conversation.

In the coming weeks, observe your emotions. Take your time, feel and experience them. Write them down, so you can let them go. To rise above an emotion, it is important to rationalise it. Use the REBT method for this. Also, observe the thoughts you have on a daily basis. If you notice these are negative, make a positive thought for yourself. Keep repeating this until you believe the positive thought. You reprogramme your brain through the power of repetition. Make sure this is always positive, regardless of the circumstances in which you find yourself.

What emotions are you confronted with when dealing with dominating behaviour?

Anger, sadness, fear, despair, insecurity and emotional projections of the other.

How do you cope with resistance in yourself?

Write everything down before pain begins to manifest in your body.

***Thoughts are extremely powerful.
You decide what you do or do not think.
Always choose positive thoughts and emotions.
Once you have these in balance, you will shine in every situation.***

Chantal van den Broek, coach



Step 10

Enjoy Results every day

R = Results

Well done, you have reached step 10.

Give yourself a pat on the back. It means you have gone through the previous steps and have started to apply them. You are taking the steps necessary in your situation. Your goals are clear and you have analysed your emotions, attitude and behaviour. You take action every time you are confronted with dominating behaviour. You look at what you can do differently. This is how you get the hang of it.

It may be that you really want to develop, but stagnate. You find it difficult to transform your emotions, pain, the trigger and blocks all on your own. Despite all your best efforts, you keep running around in circles. As an experienced coach, I can help you, in coaching sessions, to become aware of the behaviour you are unable to see. I, like no other, know how to get to the core of your problem.

Do you want to take steps towards your amazing happiness at work, or another theme and are you looking for the right guidance to achieve your goals faster, then take the first step:

www.empoweryourselfcoach.com/free-intake

Put yourself first and book your spot.

You deserve to be happy!



Being able to handle domination or narcissism is a process of letting go of emotions, triggers, blocks and also of detaching from situations or people you were familiar with for a long time. When you stay in control of your emotions in a tricky situation involving dominating behaviour, you are empowered. You have a clear view of the situation. You know that a person who needs to be domineering is insecure. Ask questions and stay calm, even if you are tested the limits in communication with a domineering person. Celebrate results every day!

Start up a conversation with a domineering person. Observe the domineering person's behaviour and keep your emotions out of it. Prepare your conversation.

Perhaps you can role-play with someone, so you are as well prepared as possible.

Write down your experiences. What did it do to you? What was the other person's reaction? What will you do differently next time? What tips can you give yourself?

***You can't connect the dots looking forward:
you only connect them looking backwards***

Steve Jobs, owner Apple



**Empower
yourself in every
situation!**

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