There’s a bully living inside you and it’s time
to send her to Reform School!

There is a silent epidemic spreading like wildfire among women causing tremendous stress and unhappiness—that few talk about but all suffer from. It’s called self-bullying.

Inside every woman exists an Inner Mean Girl who makes sure that no matter how successful she appears on the outside, she’s beating herself up on the inside.

In their unique approach specifically for women, bestselling authors, Amy Ahlers and Christine Arylo have finally found a way to breakthrough the negative self-talk and self-sabotage. Their proven process has helped over 30,000 women to:

► Reveal their personal types of Inner Mean Girl
► Expose the motivation behind their self-sabotage
► Transform self-criticism into self-compassion in minutes
► Distinguish between the voice of their inner critic and Inner Wisdom

Playful, practical and powerful, this 7-step process empowers women to transform their Inner Mean Girl into an ally and commit to following their Inner Wisdom, no matter what.

“Use this book as a coach, a comforter, a BFF, and a path to a more joyful life.”

“This book will not only help you feel happier when you learn to combat your inner demons and
breath life into your inner wisdom; it’s also literally medicine for the body, mind, and soul.”
—Lissa Rankin, MD, New York Times bestselling author of Mind Over Medicine

AMY AHLERS and CHRISTINE ARYLO are the cofounders of Inner Mean Girl Reform School, which has helped tens of thousands of women create more self-compassionate relationships and make more self-empowering, self-loving choices. Master coaches and transformational teachers, internationally recognized speakers, and bestselling authors, Ahlers’ and Arylo’s inspiration and guidance have been featured in places such as CBS, ABC, NBC, TedX, and the Huffington Post.

Visit them at www.InnerMeanGirl.com

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Mean girls. You’ve see them on reality TV and on the movie screen—women tearing each other down to get a man, win the contest, or get ahead. You’ve read about them in the tabloids, quasi-celebrity sparring matches fueled by who said what about whom. And like most women on the planet, you’ve likely tangled with a few yourself—mean girls from your childhood playground and classroom and mean girls in grown women’s bodies who now show up in your neighborhood, the conference room or PTA meeting, or as a frenemy inside your circle of friends. We have all been on the receiving end of not-so-nice words or actions coming from another girl or woman. As a result, for sheer emotional protection, we’ve learned to develop survival skills, and when we can, we steer clear.

But there is one type of mean girl that no woman escapes from, one who has more power than any other. In less than a minute, she can sabotage you; make you feel like crap about yourself; trigger feelings of fear, stress, and guilt; and even diminish every success you’ve worked for. Who is this all-powerful mean girl? And for heaven’s sake, why can’t you just avoid her? Because this mean girl lives inside of you; she is your Inner Mean Girl™.

Just like the bully on the playground or in the conference room, there is a force within you that fills your mind with negative thoughts, pushes
you to take actions that are not in your best interest, and undermines you any chance she gets. She is the one that bullies, sabotages, criticizes, and judges you; the one who puts enormous pressure on you to be perfect, do it all, and keep it all together on the outside no matter how much you are falling apart on the inside. You might recognize her by the thoughts she fills your mind with, such as:

"YOU DON'T HAVE TIME TO REST. YOU SHOULD BE DOING MORE."
"DON'T EVEN BOther TRYING. YOU WILL JUST FAIL."
"YOU'LL BE ALONE FOREVER. NO ONE WILL EVER REALLY LOVE YOU."
"TAKING CARE OF YOURSELF IS SELFISH. YOU HAVE TO TAKe CARE OF OTHERS FIRST."
"LOOK AT WHAT SHE'S DOING! WHY AREN'T YOU THAT SUCCESSFUL/PRETTY/TALENTEd?"
"YOU ARE SUCH A FRAUD. YOU DON'T REALLY KNOW WHAT YOU ARE DOING."

Ugh, we know. Thoughts like these don't feel good. The truth is that the Inner Mean Girl, just like an outer mean girl, hurts. But we have two pieces of good news. First, you are not alone; all women have an Inner Mean Girl. Second, while you may not be able to escape or kill off this annoying inner force, you can reform her. Yes, just like you wished someone might have sent that mean girl in grade school, high school, or college away to some kind of reform school for bullies, you can take your Inner Mean Girl to reform school and transform the self-bullying and self-sabotaging parts of you and free up a force within that is even more powerful—your Inner Wisdom.

Your Inner Wisdom is that wise, supportive, loving, divinely connected force within who always acts in your best interest and always tells you the truth. She’s been with you since the moment you were born, but over the years, due to lots of social conditioning and outside influences,
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her voice has been muffled by the rants of your Inner Mean Girl, and she's taken a backseat.

It's important for you to know that both of these forces are always at play within you, driving your choices, determining your emotional state, running the stories and thoughts in your head. At times, it can feel like a tug-of-war going on inside. And usually, especially in high-stress or high-stakes situations, your fear-inducing Inner Mean Girl wins over your calm, wise, centered Inner Wisdom. That, however, is about to change.

Up until now, you may not have had the tools you needed to distinguish between these two internal forces so that you could consciously put your Inner Wisdom in charge of your thoughts, emotions, and choices. Even if you’ve worked with your inner critic in the past, women tell us that when they go beyond the idea of an inner critic to finally identify and reveal their Inner Mean Girls and create actual relationships with them—as well as with their Inner Wisdoms—they experience breakthroughs like never before. We believe this is because for women, that critical, sabotaging, stress-creating force inside feels much more personal than a gremlin-like monster or an intellectual concept like a saboteur or a critic. When you’ve been attacked by an outer mean girl, you feel hurt, and the same is true when your Inner Mean Girl attacks. The only difference is that you are hurting yourself.

In the pages that follow, you will take seven powerful, proven steps to reform your Inner Mean Girl and put your Inner Wisdom in charge. We’ve shared this approach with over thirty thousand women around the world through our Inner Mean Girl Reform School programs, workshops, and retreats—women of different races, socioeconomic backgrounds, sizes, shapes, and ages. As it turns out, Inner Mean Girls (whom we refer to also as IMGs) begin as young as age six or seven and can wreak havoc for a lifetime if not reformed. And while we’ve noticed that no woman seems to escape from this hurtful and sabotaging inner force, on the flip side, we’ve never met a woman who didn’t also have a strong, brilliant Inner Wisdom.
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As women learn how to shift their minds, bodies, and hearts from being controlled and affected by their Inner Mean Girls’ fear and criticism to being led and supported by their Inner Wisdoms’ love and guidance, we have witnessed women start new careers, move to their dream cities, write books, lose unwanted pounds, get married, create deeper friendships, leave unhealthy relationships, increase income and financial security, achieve lifelong dreams, and gain a day-to-day sense of peace, well-being, and happiness. That is the power of reforming your Inner Mean Girl and choosing to put your Inner Wisdom in charge.

How to Use This Book

We are thrilled that we get to be your guides on what is sure to be a life-changing adventure. Our lives have both transformed significantly because of the intimate relationships we have with our Inner Mean Girls and Inner Wisdoms today. Now reformed, our IMGs play supportive roles in our lives, and our Inner Wisdoms are our go-to girls, guiding our choices, managing our thoughts, and monitoring our emotions.

The first action for you to take to get this transformation started is to read the foundational chapter, which will provide you with essential context about your Inner Mean Girl. Then in step one of this seven-step adventure, we’ll introduce you to thirteen common archetypes of Inner Mean Girls. You see, not all IMGs are mean and cruel—some appear sweet, some quite optimistic, and others seem totally rational. Armed with incredible new insight, in step two, you will meet your personal IMG face-to-face and uncover her Big Fat Lies, which are the thoughts and judgments she fills your head with. In step three, you will learn what motivates your IMG and why you haven’t been able, until now, to stop the self-bullying, self-sabotaging thoughts and actions. In steps four and five, you will meet your Inner Wisdom, for the first time, or, if you already are familiar with this inner force, you will deepen your relationship. We will share practical, effective ways for distinguishing between
these two inner forces and how you can change your thoughts and emotions from sabotaging to supportive, from critical to compassionate, and from pressure filled to peace-full.

By the time you hit steps six and seven, you will be prepared to fire your Inner Mean Girl and hire your Inner Wisdom. While you may want to ship your IMG into exile, that tactic just doesn’t work—she always finds a way back and usually comes back stronger and meaner. Instead, we will show you how to transform your IMG so she can work for you instead of against you. And you’ll see that just like mean girls on the playground, all your Inner Mean Girl really needs is some love to transform from an enemy into a trusted ally.

We recommend that you take each step in order—don’t skip ahead. Each step builds on what comes before. In fact, we encourage you to slow down and let yourself experience the transformation each step offers. While the end result will be a new job for your Inner Mean Girl and reestablishing your Inner Wisdom as your inner CEO, throughout the book you’ll find rich concepts and tools that will make your transformational experience deeper and long lasting, including:

♥ **Superpower Tools.** These are practical processes that empower you to take action when your Inner Mean Girl strikes. We call them superpower tools because they have the power to turn down the volume of your Inner Mean Girl and turn up the volume on your Inner Wisdom, quickly. Think of these as tools you can take out of your tool belt at any time to transform negative thinking and self-sabotaging choices in the moment. You can also use these superpower tools preemptively, to ward off potential future IMG attacks and help strengthen your connection to your Inner Wisdom.
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▼ **Inner Wisdom Reflections.** These are reflective awareness builders that remind you to pause, take a breath, and look inside to absorb the process and find valuable insight. Your Inner Mean Girl loves to tell you to skip these reflections. She might say, “You don’t have time”; “They aren’t such a big deal—just keep reading”; or “I’ll get back to that later” (which of course you never do). Your IMG doesn’t see much value in slowing down or in reflecting inward instead of outwardly acting, because she knows that your Inner Wisdom thrives when you pause. Wisdom only comes through with conscious reflection. Love yourself enough to make the space for your Inner Wisdom. You’ll learn a lot about yourself and as a result take more aligned actions that lead to more happiness and success.

▼ **Superpower Challenges.** At the end of each step, we will dare you to do an exercise that serves to bring all the information, wisdom, and tools in the step together, making the teaching personal and ensuring that you experience the transformation of the step fully. Have fun with these. This is all about receiving insight and experiencing internal shifts by taking action in your life.

▼ **Transformation Tales.** We invited some of our favorite transformational teachers to share their struggles about and secrets for how they transformed their Inner Mean Girls. In each chapter, we’ve included one of their stories, which we think you will find inspiring and helpful. It can be comforting to know that even people whose profession it is to guide others to live their best lives struggle with self-bullying, self-neglect, and self-sabotage.

▼ **Inspired Actions.** At the end of each section, we’ve created an Inspired Action that will inspire you to take creative, empowered action. Take these from a place of self-love, as in, “I choose to do this for myself,” instead of from obligation, as in, “I have to do this.”
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Oh yes, we should probably mention that the Inner Mean Girl reformation process that you are about to go through is meant to be a mix of playfulness, humor, and powerful self-reflection to give you access to deeper places within yourself. So, for any of you with IMGs who can make you feel overly serious, discount play as a waste of time, or keep you stuck in your head, wanting information instead of actually feeling and experiencing processes, there are a few things we want to say to you and your Inner Wisdom right now.

Don’t let your Inner Mean Girl convince you that playfulness makes this process trivial in any way, because we’ve found just the opposite to be true for every woman who has surrendered to the process and allowed that playful, creative side to come out. The journey you are about to embark upon with yourself, with us as your guides, will take you deep to places that can be hard to be in. Beneath all the criticism, judgment, and sabotage are much more vulnerable feelings, such as shame, fear, and anger, and even feelings of being unlovable and unworthy. Not happy-making stuff, right? But if you want meaningful and lasting transformation, you have to look deep within to reveal and heal these more vulnerable parts of yourself. We find that the playful approach lights up what can be a scary place to go, and the creative approach takes you out of your rational mind, where your Inner Mean Girl reigns, and gives you access to more of your intuitive mind, where your Inner Wisdom can get through. So, we invite you to:

1. Embrace the lightness and the playfulness.
2. Take the time to pause and reflect throughout the journey.
3. Take the inspired actions we ask you to take.
4. Use the tools we give you in your day-to-day life immediately, so you can start seeing the results. Just like when you work out and your abs and arms feel stronger, you are motivated to keep working out.

This program strengthens your emotional and spiritual muscles in
the same way. You’ll feel stronger and drop the emotional baggage that weighs you down.

5. Stay committed to yourself; don’t give up midway. Be a best friend to yourself throughout this entire process. Giving to yourself is the best thing you can do for your success, your happiness, and your relationships.

If you just do these five things, you will experience transformation, and that’s why you are here, right? In fact, one small but mighty tip that can help create a powerful and positive experience for you is to create an Inner Wisdom journal. Throughout the book, we’ll ask you to take notes, take Inner Wisdom reflections, and complete superpower challenges. Having a sacred, personal place to capture your thoughts and progress facilitates deeper transformation. Writing things down so that you can see them makes a hand-eye-brain connection that makes your thoughts and heartfelt insights feel more real, and enables the transformation to stick more strongly.

Additionally, because we are so committed to your transformation, we put together a special Inner Wisdom Kit for you. This kit, which you can access free online, is full of meditations, videos, expert interviews, and samples from our students that will enrich the experience of your journey, especially if you want to go deeper. It’s a gift from our heart to yours. To access the kit, just take a trip over to innerwisdomkit.com and use what’s there to inspire you through this transformation.

Speaking of transformation, before you move on to the rest of the book, we thought you might like to know who you are about to go on a journey with. It seems like a good idea, doesn’t it, to know who your guides are on any adventure, to make sure they know the way? We think it’s always better to take a trip with someone who has gone there before, and, boy, have we both been in the grips of our Inner Mean Girls (sometimes without even knowing it). Thankfully, we lived to tell the stories, and in the process, we promised to ourselves to live Inner Wisdom–led
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lives, a promise which, if we had not each made it on our own before meeting each other, would have resulted in our partnership never occurring. Inner Mean Girl Reform School would not have been conceived or created, and this book would never have existed.

The Partnership That Almost Wasn’t

This is the story of how we, Amy and Christine, your guides throughout this book and the cofounders of Inner Mean Girl Reform School, met . . . and almost didn’t meet. It’s a shining example of what happens when you allow your Inner Wisdom to lead and transform your Inner Mean Girl into a new ally.

IT’S CHRISTINE HERE. In 2009, I was on my first book tour, for Choosing ME Before WE, traveling around the country and appearing on TV shows to help women choose self-love inside their relationships. During that time, I had hired an assistant to help me find speaking engagements, and through an internet search one day, my assistant stumbled upon Amy, who had just created The Women Masters teleseminar series and was interviewing luminaries such as Marianne Williamson, Lisa Nichols, and SARK. This was at a time when very few people were doing teleseminars. My assistant sent me an email saying, I think you might want to know about this woman. So I clicked on the link to check out who this Amy lady was and what she was up to. As I read about her online programs, my Inner Mean Girl (or what we’d come to call an IMG) began to flare up. My body got all warm, and I started thinking, You’ve been wanting to do these programs too, but you haven’t! Why haven’t you even started? You are so far behind! Followed quickly by, Amy is doing what you wanted to do. Now you can’t do it. It’s too late!

Fortunately, I had already reformed my first Inner Mean Girl, whom I had affectionately named Mean Patty the Comparison Queen, who used the destructive bullying tool of comparison to make me feel oh so small on the inside no matter how successful I appeared to others on the outside. (We always name our
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Inner Mean Girls so that we can develop relationships with them; you can’t really know someone if you don’t even know her name.) Mean Patty had red hair, wore a smock with an upside-down heart on it, and carried big rulers with her, which she used to compare my accomplishments to other women’s successes, usually in areas where I had not yet ventured or areas where I had dreams and desires that had not yet manifested. (Her rulers were so big that she even had the audacity to compare me to women like Oprah and Barbara Walters—talk about never measuring up!) Luckily, Mean Patty had been reformed and reassigned the new job of being my talent scout, which meant her job was to go out and find women doing awesome things and bring them back to me to inspire instead of torture me.

So, I calmly reminded Mean Patty that she was now my talent scout, and her job was to find other women to inspire me. She calmed down, my emotions calmed down and my body cooled down, and I paused to ask my Inner Wisdom what action to take. My Inner Wisdom wisely guided me to open my heart and compose a soulful email to Amy. Smart move!

IT’S AMY HERE. I remember what a busy time that was in my life. My inbox was constantly overflowing with thank-you emails and requests from women around the world wanting to be featured on The Women Masters series. But when I received Christine’s email, it was as if it vibrated off the screen. The subject line read, Kindred spirits connecting. I opened the email, and there was Christine. Fortunately, I had also done some Inner Mean Girl reforming. Instead of feeling less-than because I was not yet a published author or flying around the world speaking and being on TV like Christine, I leaned into inspi-
ration and checked in with my Inner Wisdom. My Inner Wisdom told me to invite Christine to coffee.

Now here’s where this story gets even more interesting. Lo and behold, we realized as we talked about where we might meet up that we lived less than five minutes from each other in the San Francisco Bay Area (talk about synchronicity!). We were astonished at the proximity. After that first coffee, we were even more blown away by our resonance with each other’s work. We vowed to form a sisterhood of sorts, where we could support each other and our work, and where I, Amy, could teach Christine more about the online world, and she could help me navigate the publicity and book publishing world.

Then one destiny-made day, as we hiked through the woods talking about my television pitch and what Christine had been speaking to women around the world about, Christine uttered the words Inner Mean Girl, and a virtual school, a book, and a revolution were born. Since that day, together we have touched tens of thousands of women around the world under the Inner Mean Girl Reform School banner—including you right here! None of this would have been possible had we let our Inner Mean Girls make our choices, instead of trusting our Inner Wisdoms.

**Now It’s Your Turn**

The beauty and power of your Inner Wisdom is how listening to its guidance and following through with inspired action can create incredible opportunities and possibilities you never could have imagined. Your Inner Wisdom is a natural force within you that can guide and bless you with insight and honesty in ways that will help you live your best life. We’ve experienced it, and the women we’ve worked with have experienced it, and now you can experience it for yourself!
There is a silent epidemic plaguing women around the world of all ages. It’s affecting us at record levels. It begins when we are young girls, and it’s the root cause of most of the poor choices in our diets, relationships, careers, health, and finances throughout our entire lives. Unexposed, it wreaks havoc on our physical, emotional, mental, and spiritual health.

Just look at these numbers:

- One in three women will die of heart disease. That means one woman per minute—and not just because she’s been eating too many french fries.¹
- Sixty percent of all doctor visits by female patients are attributed to stress.²
- Twice as many American women are on antidepressants compared to American men.³
- Women today are less happy than their counterparts in the 1970s, even though we have more freedom and equality.⁴
- Twenty million women and girls in the United States suffer from eating disorders, double the number of men.⁵

What’s going on? How can we have more earning potential, career opportunities, and freedom of choice, yet be less happy, more stressed,
THE SELF-BULLYING EPIDEMIC

and plagued by a rise in disease? There are many more statistics that we could list here showing lots of external factors that contribute to the pressure we feel as women to do, be, and have it all and result in the unrealistic expectations we try to live up to. Most of these factors you are probably well aware of—external influences that surround us, such as the myriad of images and stereotypes of what a successful woman should be able to accomplish or what a beautiful woman is in our society. Add to that a slew of societal norms that don’t support personal sustainability or happiness but instead negatively affect our well-being, drain our health, emotions, and quality of life, and no wonder we end up with unfulfilling high-pressure jobs, crappy eating habits, lack of fitness and health, work/home imbalance, and more. No wonder so many of us feel we are never doing or accomplishing enough.

And while these external forces are certainly no good for the female psyche and sense of self-worth, there is an internal force affecting our current reality as women (as well as the girls we are raising) that is just as detrimental and toxic, if not more. This internal factor is self-bullying, and the culprit behind it is your Inner Mean Girl. Chances are you suffer from self-bullying in more ways than you know, in more places in your life than you are aware, including your love life, career, bank account, and body image. Just like a mean girl on the playground or in the conference room will push, cajole, and sabotage you from the outside, an Inner Mean Girl torments you from the inside out. Take a look at some of the most common signs that your IMG has been sabotaging you and check to see if you have any of these self-bullying symptoms. Do you:

♥ Get down on yourself for all the ways in which you don’t measure up to the expectations you or others have for your body, career, children, finances, or relationship?
♥ Rarely feel like you’ve accomplished enough no matter how much you get done or how successful everyone else thinks you are?
Pressure yourself to say yes to others even when you don’t really have the energy and/or time to give?

Obsessively think or run negative storylines or endless to-do lists through your mind?

Continually do things that sabotage you—eating too much, staying in the wrong relationships or dating people that aren’t nice to you, spending money you don’t have on things you don’t really need?

Feel afraid to go for your dreams fully, so you procrastinate or settle?

These are all forms of self-bullying—and that’s just the short list! And while you may not be able to see evidence of all the ways in which you internally beat yourself up, that doesn’t mean the bruises and scars aren’t there—and that they don’t sting or hurt. If most people could hear the hurtful thoughts that go on inside your head or witness the judgments and pressure you put on yourself, they would call the authorities on you. From our work, experience, and research, we found that one of the most prevalent reasons women are unhappy, unfulfilled, and stressed out is the mental and emotional abuse suffered at their own hands, through their own self-destructive thoughts and self-sabotaging choices.

Consider the act of picking up this book an intervention, putting a stop to this internal abuse. You’ve made the choice to stop bullying yourself and start loving yourself—brava! And the good news is you are not alone, it’s not your fault, and there is hope.
You Are Not Alone

Most women don’t want to talk about this self-bullying epidemic. Who wants to admit that while we smile and look like we are keeping it together on the outside, on the inside, feelings like shame, fear, guilt, and being unlovable are stewing? But you know as well as we do that not talking about these emotions and self-judgments doesn’t make them go away. In fact, truth telling in the presence of other women is a brave, bold step toward healing. And really, there isn’t any need to hide these parts of you any longer, since every woman you know is probably feeling and thinking the same things.

If you listen closely to the women you work with, the women you love, and the women standing next to you in line at the checkout or for school pickup, or even watch closely the women you admire and look up to at work or in the public eye, you’ll notice they too are listening to similar internal critiques, silently beating themselves up, and putting incredible pressure on themselves.

With decades of combined coaching, teaching, and mentorship experience, and after suffering and recovering from this negative thinking affliction and self-sabotage syndrome ourselves, we’ve witnessed firsthand that self-bullying has nothing to do with how successful, smart, or beautiful a woman appears. In fact, some of the most outwardly successful or physically beautiful women we know, women who supposedly have it all, have Inner Mean Girls that drive them to commit acts of abuse against themselves. Just listen and look at what women who many of us look up to are so courageously and vulnerably sharing about their own Inner Mean Girls:

Oprah admitted to the world that her focus on her weight has robbed her of joy: “I’m mad at myself. I’m embarrassed. I can’t believe that after all these years, all the things I know how to do, I’m still talking about my weight.”6
Arianna Huffington, founder of the *Huffington Post*, woke up in a pool of her own blood with a broken cheekbone and injured eye when she collapsed from overwork and exhaustion, and admitted, “They found that there was nothing medically wrong with me, but just about everything wrong with the way I was living my life.”

Elizabeth Gilbert, bestselling author of *Eat, Pray, Love*, declared, “The real battle for me was my own self-abuse . . . to learn how to stop and drop the knife I was holding to my own throat. I was never good enough.”

It’s obvious that women from all walks of life, status, and achievement deal with their own versions of an Inner Mean Girl. You are not alone—we’re all in this together.

**The Genesis of Your Inner Mean Girl**

As a woman, you certainly weren’t born programmed to compare yourself, judge yourself, and feel guilty or inferior, right? It’s not like when you were a baby you laid around in your bassinette comparing your thighs to the baby’s next to you, or as a toddler were concerned that your naps were a waste of time. You were not born hardwired to be hard on yourself; you were born preprogrammed to love yourself, but along the way, some wires got crossed, your Inner Mean Girl got formed, and you got trapped in a cycle of thoughts, habits, and patterns that has been almost impossible to work yourself out of, until now.

Your Inner Mean Girl is part of the human experience, and she is also a part of you, so you can’t kill her off even if you tried. And we don’t want you to try and run from her either. We want you to run straight toward her and love her, because as it turns out, your IMG doesn’t mean to hurt you; she actually wants to protect you.
Yes, you read that correctly. *Everything* your Inner Mean Girl does—all the toxic habits of comparison, judgment, driving you to perfectionism, over-giving, overdoing, underexpressing, and procrastinating—in her mind, serves one mission: protecting you. She actually loves you so much that she has devoted her life to keeping you safe and keeping you far away from any experience that could possibly cause pain or suffering. So then, how is it that if she is so committed to keeping you from pain, she is also the one who fills your head with thoughts that hurt you, compelling you into actions that sabotage and sacrifice you?

Well, at some point in your life, a younger you created your Inner Mean Girl because you needed protection. You had an experience when someone hurt you, in which you felt unsafe or unloved, or in which things around you felt out of control. When your excitement, self-expression, love, and innocence were met with fear, criticism, anger, guilt, shame, or blame—from a teacher, a parent, a neighbor, or anyone you counted on for recognition, love, or a sense of safety.
The Self-Bullying Epidemic

The younger you decided to never have that experience or those feelings again, so with all the emotional maturity you were able to muster at the time, which was not much, you created your IMG and her self-bullying ways. Your IMG made it her job to protect you from emotions and experiences you didn’t want to feel. And to do her job well, just like any bully, she used the most effective tool she could find to motivate you—fear.

For years, your Inner Mean Girl has been using fear to motivate you—in ways that you may be aware of and in many more you’ve been oblivious to—because for a time, these toxic habits and thoughts did, indeed, protect you. She, and you, learned that employing these toxic habits—like overworking, over-giving, over-worrying, being overly busy—were actually effective. Maybe the payoff of all that IMG fear has been you being more productive, personable, outwardly successful, accepted, and most of all safe and loved. She helped you feel a sense of belonging, even if it is to a tribe that no longer serves you.

The thing about fear is that it comes in many forms, just like Inner Mean Girls do—and outer mean girls, for that matter. Not all Inner Mean Girls are mean. And not all fear feels scary. Mean girls in the hallways or at the office have their individual tactics and personas, and so do IMGs—some are straight-up mean, while others pretend to be your friends and then backstab you, and others just drag you down with them. Some come off as strong, some weak; some seem crazy, and others are just plain bitchy. But what is always true is they are all scared, confused, and not likely to give up control any time soon.

Your Inner Mean Girl is the face and force of fear. And depending on her personality, she can express her fear in all kinds of ways, even in ways that make her (and you) seem like you are never afraid. Fear can show up as anxiety, worry, procrastination, and doubt—those are the easy ones to spot. But fear and your IMG are also at the root of all the times that you try to control your situations, relationships, and appearance, the times when you sell yourself out, shortchange your own self-care, and feel like you failed.
The remedy to this epidemic boils down to this: love your Inner Mean Girl and empower your Inner Wisdom.

What your Inner Mean Girl most needs to stop her hurtful behavior is just a lot of love, safety, and security. She needs to know and trust that you will be able to protect and take care of yourself, that you will get what you need to feel loved and safe; otherwise, she will not give up her job. She’s that loyal to you! You can’t kill an IMG, but you can love her into a new job, by giving her what she—and you—need most from yourself: compassion.

Just think about any outer mean girl you have encountered in your life. Your first instinct was to protect yourself from her, right? But what if you opened your heart and saw her with compassion, saw what was going on inside of her? What would you see? You’d see that every outer mean girl is a manifestation of an Inner Mean Girl, a scared, threatened part of us that doesn’t know how to get what she needs, so acts crazy and manipulative, and often cruel, to protect herself.

Keep this in mind the next time you encounter a woman who isn’t being so nice to you or a child who isn’t being kind your kid. You can’t condone the outside bullying, just as we can no longer condone your internal bullying, but to paraphrase Gandhi’s famous words, “Be the change you wish to see.” We all wish for a more compassionate world in which women and girls support each other, instead of tear each other apart. But the end to outer mean girls has to also include an end to Inner Mean Girls.

The good news is that our natural state of relationships with others and with ourselves is compassion, which is your Inner Wisdom’s natural state. The key for this remedy to work is to empower your Inner Wisdom to be your go-to girl for the thoughts you have and the choices you make. You can choose what thoughts you listen to and what actions you take—those fueled by your Inner Mean Girl or by your Inner Wisdom. Your
Inner Wisdom is the force within you that motivates you through compassionate truth and fierce love, instead of through criticism, guilt, shame, anger, and stress. Both your Inner Mean Girl and your Inner Wisdom believe they have your best interests at heart. But your Inner Mean Girl, driven by fear, just isn’t capable of making the best choices for you. You’ve got to take charge and hand over the power to your Inner Wisdom.

**IT’S AMY HERE.** I want to introduce you to my Inner Mean Girl. Her name is Negative Nelly. (Yes, you too will get to name your Inner Mean Girl.) She’s been around most of my life, speaking in a whisper, but when I became a mom, she came out and descended on me like a storm in full force. It was as if when I gave birth to my first daughter, Annabella, I also gave birth to an unwanted guest—one who had the power to take over my thoughts and make me believe Big Fat Lies, like “You’re doing it all wrong” and “Your baby is doomed.” Her favorite thing to tell me was “You’re a horrible mom.” She would compare me to perfect moms whose babies were sleeping through the night on day three (do those babies even exist?). Negative Nelly made me feel anxious, overwhelmed, and completely inadequate.

I remember one particularly unruly Inner Mean Girl attack that paralyzed me with fear. I was exhausted with a newborn
in my lap, spit up in my hair, and a dog that was begging to be walked. I hadn't showered in days, and I was beyond my limit. I questioned if I should have ever become a mom. I felt certain I was doomed to a life where I felt trapped, anxiety ridden, and depressed. It wasn't pretty. I was desperate. I knew that if something didn't change, I was bound to end up becoming a "helicopter mom," hovering around my daughter, worried and fearful, putting my own self-care and well-being last on the list.

Out of sheer desperation and exasperation, I committed to making a change, no matter what. With unwavering compassion and confidence, I told Negative Nelly that she was not allowed to make my decisions or choose my perspectives anymore, and that while I knew she was just trying to keep my baby and me safe, her fear was hurting us, not helping. I finally, really, truly, cross my heart, made a promise to tune in to my Inner Wisdom every single day, something I had tried to do on and off for years but had never been able to stick with. Now, committed, when I tuned in, I finally heard my Inner Wisdom's voice loud and clear over Negative Nelly's; my Inner Wisdom told me that all of the stress and anxiety I was experiencing as a new mom was normal. It was part of the process. She assured me that there was a community of mothers just waiting for me. She led me to a mom's group called Mindful Mamas that is filled with incredible women who unconditionally love and support me. This community has helped me become more of the mom I want to be.

I know that if I had left Negative Nelly in charge, if I had kept playing with the idea of instead of actually doing a daily practice in which I connected with my inner loving truth, I would have never attracted such a wise group of mamas. I would have remained isolated, stuck in my compare-and-despair game, filled with worry and fear, neglecting myself on all levels, tuned in to my IMG instead of my Inner Wisdom. It's astonishing what can happen when you reform your Inner Mean Girl and empower your Inner Wisdom!

Even though Negative Nelly still makes an appearance with each new phase of parenting (potty training, kindergarten, and, dare I say it, puberty), I know how to turn down the volume on the voice that is feeding my fears, and

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love instead of judge that part of me. And most important, I know how to tap into my Inner Wisdom to hear the truth.

You too have the opportunity to become stronger at cutting through the fear of your Inner Mean Girl. This way your Inner Wisdom’s guidance can get through and as a result be the driving force behind the thoughts that fill your mind and ultimately direct your emotions, choices, and resulting actions. But first, there are a few things you need to know about how that brain of yours works both for you and against you. Otherwise, try as you might, you won’t be successful at breaking through the habits and patterns that sabotage you or the negative stories that run through your mind. With a little bit of scientific fact and spiritual wisdom, however, we’ll set you up to be more successful at attuning your mind to your self-loving, wise woman nature.

**Get Your Brain on Your Side**

Now, we aren’t brain scientists by any means, but over years and years of coaching, leading classes, and research, we’ve learned a thing or two about how our brains work that has helped us and our students. What brain science has found explains so much and is aligned with what spiritual teachers have known for thousands of years. And where science and spirituality meet, we find superpower!

To begin with, did you know that your brain has more than sixty thousand thoughts in a day and that approximately 80 percent of those thoughts are negative? No surprise, right, given that our culture and the media have been filling your brain with garbage? Over the years, these self-sabotaging ideas and images have created impressions on your brain, like deeply entrenched grooves. These grooves are called neural pathways, and the more established the pathway and the more often the pathway is used by your brain, the more ingrained the belief or thought becomes.
It's just like taking the same route home day in and day out. You follow the same path, groove, as if you are operating on automatic pilot, out of habit—just like your mind reruns the same negative beliefs and thoughts, and why you keep making the same self-sabotaging choices. And while you could go a different way, unless there is some major accident or reason to detour, you are not likely to deviate from the same old route—even if another route would be more beautiful. This is why it's so hard to change a toxic habit or a self-sabotaging pattern and break through to more expansive, abundant beliefs—the grooves in your brain are so deeply ingrained that your mind defaults to the pathway most traveled, most comfortable and known, especially in times of high stress or in situations where you feel vulnerable, unsure, or unfamiliar. To make a change, break limiting patterns and beliefs, you have to create new pathways.

From a spiritual perspective, the yogis have known this for years, and many yoga practices are created to break these subconscious patterns and return us to our divine truth and to that state of inner calm that any of you who have practiced yoga have felt. Yogis call these sanskaras, or the impressions left behind that often condition future behavior. At the highest state a yogi can achieve, she is still not free, because she has to overcome her sanskaras to truly achieve freedom. That's how difficult and stubborn these subconscious patterns can be: they are often the last thing dealt with on the yogic path.

Even if you haven't ever been on the mat, you've likely experienced a moment of absolute presence when you are not thinking about the past or fretting about or planning the future; you are just in the present, the now. This is your natural state of being, the place your Inner Wisdom resides. You want to be able to live in the present moment more often (not just on the mat or when on vacation or when life is relatively easy) and get back to that centered, clear, calm space faster in your day-to-day life. You deserve to live more often in that peaceful state, where you have a sense that everything is okay, where fear isn't running you, where you...
feel safe, loved, and whole, even in the midst of busy, pressure-filled lives and especially during difficult or uncertain times.

This is quite challenging, of course, due to the scientific fact that certain parts of your brain are wired to focus on what is wrong, what’s not working, and what could possibly go wrong. Yes, thanks to the part of your brain called the amygdala, whose job it is to be on constant lookout for danger, you have a bit of an uphill battle on your hands. This part of our brain was super useful when we had to be on constant lookout for lions, tigers, and bears (oh my!). Its job was to be vigilant 24/7, looking for danger that could get you killed or eaten alive. If it sensed danger, its job was to send a huge bolt of fear through you, triggering your body to go into the fight-or-flight stress response and get you moving. Good job, brain!

The problem is that you no longer have to worry about fighting off big cats or bears (unless you are living out in the jungle or on safari, which most of us are not), but your brain doesn’t know that. It triggers the same kind of fight-or-flight response when any kind of perceived danger emerges. Say you feel threatened or misunderstood in your relationship with your parent or partner, or you feel unseen or undervalued at work, or you feel vulnerable about dating or the shape of your body—your brain reacts just as if you were being attacked or prepares in case there could be an attack. You see you’ve gained a few pounds or are late on a bill—and you feel like your life is in danger. Fear shoots through your body, launching you into an all-out stress response, driving you to take impulsive, self-sabotaging actions that if you were sane, calm, and in connection with your Inner Wisdom, you would pause and think twice about.

When a pathway in your brain gets activated by outside stimuli, it causes information to travel through and across synapses, which then creates a reaction that you may or may not be conscious of, and these reactions establish the behaviors, patterns, and beliefs—the grooves—that create your reality.
This is also why oftentimes your reactions are out of proportion to the situation. Let’s say your partner, relative, or friend says something to you that, while maybe not the best choice of words, sets you off completely and you either go banshee and lose it on that person or you get obsessed and cannot stop thinking about it. Your brain has sensed danger and sent your body into fight-or-flight. It’s like that saying in relationships: “The fight about the toothpaste is never about the toothpaste . . .” The toothpaste is the activator of a neural pathway.

And have you ever noticed that sometimes you will even imagine something terrible is happening and you react as if it’s real? Your spouse is going to leave you. Your coworker or boss is out to get you. You’re going to lose all your money. You end up wasting a whole lot of energy worrying and thinking about something that hasn’t happened. It’s like a dress rehearsal of the worst-case scenario. As a result, you have less energy and time to do what is truly important and fulfilling for you.

Are you getting the sense of how powerful your neural pathways are? Why it can be so challenging to change those ingrained grooves?

Now, don’t get discouraged. Because we have some really good news for you!

**Scientists and Yogis Agree:**
**You Have the Power to Change Your Mind**

Did you know that your brain is plastic? Yep. It’s true. Okay, well, not made of that plastic stuff people drink bottled water out of, but plastic in the sense that you can literally shape and shift your brain to create new neural pathways. You have the power to make new grooves that serve you, even in times of stress.

Not so long ago, scientists believed that our brains were fixed and static, that we couldn’t change our thought patterns, but they finally clued in to something that spiritual teachers have known for thousands of years: we have the power to change our thoughts, patterns, and behav-
iors, to rewire ourselves. Which means you can choose how you respond to the impulses and triggers.

A well-known story about an early NASA experiment states that they placed convex goggles on astronaut candidates that turned everything they saw upside down. Now why on earth would they do this? Well, this was back in the days before simulation technology, so it was the only way they could simulate what it would be like to be weightless in space. They had the astronauts wear the convex goggles for long spans of time, completely disorienting them, so they could test the effects of spatial disorientation on their bodily systems. Would they become nauseous? Would their blood pressure skyrocket? Could they actually stand it?

What occurred after about three to four weeks of this experiment astonished the team. The astronaut's brains actually started to turn everything they saw right-side up while they were still wearing the goggles. So after three to four weeks, each of their brains had formed enough new neural connections to correct their vision. The brain wanted to reorient the astronaut so it built new pathways. This correlates with what yogic masters in the Kundalini yoga tradition have taught for centuries, that in forty days, you can change a habit if you focus on a specific desired change.

What does this all mean for you? It means that you have the power to release toxic habits, give up negative thinking, and change self-sabotaging patterns into self-loving, supportive ones. Your brain doesn't control you; you have the power to direct your mind and your choices. You have the power not just to uncover your Inner Mean Girl but also to change how you react to her, how she reacts, and what she focuses on. Which is exactly what we have put together for you in these seven steps.

What excites us so much about this is that, as women, we are at a choice point, as if standing at a crossroads where we have the opportunity to choose collectively and individually how we live our lives, measure our success, and motivate ourselves to achieve our dreams and take care of who and what we love. We can either continue to choose to accept the current cultural realities for women and girls as the norm, which means

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we continue to pressure ourselves to live up to unrealistic expectations, or we can choose to change the societal ideals so they support us to create sustainable lifestyles, where we enjoy external success and internal happiness and health.

In every moment of every day, we stand at the choice point of what thoughts fill our minds, what emotions fill our bodies, and what actions fuel our lives—we have a choice as to whether we tune in to and follow the guidance of our Inner Mean Girls or our Inner Wisdoms. We can choose to stay silent and hide the ways in which we bully, sabotage, judge, and shortchange ourselves, or we can choose to be courageous and vulnerable and speak up and stand up, together—for ourselves and for generations to come. We wouldn’t think twice about standing up for a child or a woman we loved if she was being bullied, diminished, or ostracized, so how about we choose to apply that same level of fierce love to ourselves?

Make a Commitment to Yourself!

We imagine that you want change—or you wouldn’t be here with us on this journey—and you know now how change happens, and how it sticks, or doesn’t. While it would be nice to be able to take a quick pill to give up your toxic habits, shift just doesn’t work that way. The good news is we are going to arm you with both scientific facts and spiritual principles to
understand the process your brain, body, heart, and spirit go through as you embark on creating the best, happiest life for yourself. We’ll also give you incredible superpower tools that you can use in the moment and as preventative care to control what voice broadcasts through your mind and informs your actions—your Inner Mean Girl or Inner Wisdom.

Before we can do that with you, we need you to set the foundation for your success in this transformational journey by committing to yourself. So, let’s pause for a moment to lock in your devotion to yourself and also open up the door to the support and sisterhood available to you. With this book in your hand, imagine standing with us, shoulder to shoulder, along with all the other millions of women around the world who have bullied themselves—as little girls, teenagers, and adults—and say enough! It’s time to love ourselves and stop tormenting ourselves. Go ahead and place a hand on your heart in solidarity and commit to be as compassionate, kind, patient, caring, supportive, and accepting to yourself as you would be to someone you love. Say these words out loud or to yourself, a promise to you:

I commit to being as compassionate, kind, patient, caring, supportive, and accepting to myself as I would be to someone I love.

You don’t need to know the how yet, and you for sure don’t have to do it “perfectly” (that’d be an IMG setup). For now we invite you to commit to completing the journey you are about to undertake with us—all seven steps, no matter what. Life may get busy, or things may come up, yet remember in this moment that you have decided to make yourself a priority.

We also invite you to embrace our Inner Mean Girl Reform School Credo as a way to approach this transformation and a way to approach life. It has served us and the women we serve well, and now we offer it to you.

And now, it’s time for step one of your Inner Mean Girl transformation journey!
1. All Mean Girls—inner and outer—need and deserve love. All your Inner Mean Girl really wants is to be loved, to feel safe, and to belong.

2. Everyone has an Inner Wisdom that is the source of truth, unconditional love, and compassion. While the path isn’t always easy, she always guides you to your best life.

3. We are all worthy of compassion. Compassion isn’t earned; it’s your birthright, and it starts by giving love to yourself.

4. Your external reality can only change when you first change your internal reality. When you take responsibility for your inner world, the outer world will respond.

5. In every moment of every day, you have a choice as to which inner voice you believe, broadcast, and follow. You can choose to listen to the loving voice of your Inner Wisdom or the fear-filled voice of your Inner Mean Girl.

6. Playfulness and creativity are two of the most powerful transformation tools you have. They make even the scary things fun and accessible, providing you access to deeper levels of insight and personal awareness.

7. When women come together, shift happens. An isolated woman is powerless to the fear of her Inner Mean Girl, but a woman surrounded by other women willing to speak the truth is invincible.
Superpower Challenge:
Take the Inner Mean Girl Assessment

This assessment is not a pop quiz. There are no right or wrong answers. And there are no grades. No one else will see your results, so do yourself the favor of answering honestly. This is not the time to answer from an aspirational, hopeful place; it's time to be real. Don't approach this like one of those magazine quizzes you cheat on so you get more points in the category you want (yes, we've done it too). This is an opportunity for you to narrow down what you are personally dealing with inside. Pull back the curtain and reveal who's there.

The Inner Mean Girl Assessment

On a scale of 1 to 10, rate the truth of each statement below with 1 being not true at all, because you never feel or act this way; 5 being true sometimes, because it's a feeling or thought that is familiar, though it isn't your everyday state; and 10 being true most of the time, because this is a normal state of being or thinking for you. Don't think too much about your rating—go with your first instinct and move quickly.
<table>
<thead>
<tr>
<th>THE INNER MEAN GIRL ASSESSMENT</th>
<th>Rate 1–10</th>
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<tbody>
<tr>
<td>1. I compare myself to other people in ways that make me feel bad about myself.</td>
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<tr>
<td>2. Things never work out for me. That's just how life is.</td>
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<td>3. I work so hard all the time, to the point where I exhaust myself.</td>
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<td>4. I don't rest or relax unless I get sick or a catastrophe happens. I don't have time for resting.</td>
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<td>5. I have a hard time saying no and setting boundaries. I say yes to helping other people or taking on more even when my plate is overflowing.</td>
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<tr>
<td>6. I have relationships that are unhealthy, toxic, and draining.</td>
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<td>7. I connect with people by feeling their pain.</td>
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<td>8. I believe it is wiser to listen to my rational mind more than my intuition.</td>
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<td>9. I believe that people who are artists, are spiritually inclined, or do work for the good of society don't have a lot of financial success.</td>
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<tr>
<td>10. Even when I am disappointed or hurt, I make myself feel happy and look on the bright side.</td>
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<td>11. I feel like other people talk about me and are out to get me or tear me down.</td>
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<td>12. I wish that I could be more like other people who seem more successful, beautiful, thin, etc.</td>
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<tr>
<td>13. I make choices based on what others will think. Doing the “right thing” in their eyes is a guidepost for my choices.</td>
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<tr>
<td>THE INNER MEAN GIRL ASSESSMENT</td>
<td>Rate 1-10</td>
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<tr>
<td>15. I get obsessive about things being perfect.</td>
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<td>16. I’d rather have a safe life than an adventurous life.</td>
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<td>17. I often feel anxious, fearful, and filled with worry.</td>
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<td>18. I think I should be further along in my life than I am.</td>
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<td>19. I feel guilty, uncomfortable, or like a slacker or loser if I’m not doing something “productive.”</td>
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<td>20. I overindulge in things (like food, spending, alcohol, etc.) that feel good in the moment but that I later regret.</td>
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<td>21. I have a hard time celebrating milestones or my achievements. I just move on to the next thing.</td>
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<td>22. Even if I’m new to something, I expect myself to be masterful at it.</td>
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<tr>
<td>23. I feel like I am a bad friend, mom, daughter, wife, etc. if I don’t give a lot to other people, even if that means not taking care of myself.</td>
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<td>24. I feel like it’s my job to help and fix people I care about.</td>
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<td>25. I’d like to delegate to others, but most people can’t do as good a job as I can, so it’s easier to do things myself.</td>
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<td>26. Chaos and drama seem to follow me wherever I go. I am always putting out fires.</td>
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<td>27. I feel like having more money will get in the way of my creative expression or spiritual growth.</td>
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<td>28. I feel overwhelmed often, but I never let anyone know. I just suck it up.</td>
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<tr>
<td>THE INNER MEAN GIRL ASSESSMENT</td>
<td>Rate 1–10</td>
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<td>29. If something can't be proven scientifically, I believe it's probably not true.</td>
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<td>30. I am the kind of person who is always helping others, to the point that my life is focused more on others than myself.</td>
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<td>31. I feel like no matter how much I do or how well I've done, I could have done it better.</td>
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<td>32. I feel like when I reach my goal or attain a certain level of success, then I'll finally be truly happy, perpetually putting my happiness in the future.</td>
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<tr>
<td>33. It can be hard for me to fall asleep at night because all the things I have to do keep running through my mind.</td>
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<tr>
<td>34. I feel like I should be able to take care of myself without needing a lot of love and support from others.</td>
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<td>35. I feel like I have to be strong and take care of a lot because being vulnerable or admitting I can't do something is weak.</td>
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<td>36. I don't need much on the physical plane in terms of money. It's just not that important to me.</td>
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<td>37. I think being sad or disappointed is a waste of time.</td>
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<td>38. I feel like the other shoe could drop at any moment.</td>
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<tr>
<td>39. I gossip and talk about people. I don't like to admit it, but I do.</td>
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The next step is to tally your scores for each of the Inner Mean Girl Archetypes. Add up your ratings for the corresponding statements for each archetype. Note that we had to scramble up the questions and the archetypes so that your Inner Mean Girl, who is pretty darn savvy,
couldn't figure out the system and sabotage your ability to see her for who she really is. We've given you brief descriptions here for each archetypetype, or you can look back to their full descriptions starting back on page 10.

**Add up scores for questions 3, 21, and 32.**

**This is your Achievement Junkie score:** ___.

The Achievement Junkie is the pushy, relentless force that drives you hard to get to a goal you will never reach because the finish line just keeps moving. Her job is to keep you addicted to pursuing goals, by fooling you into believing that there is a magical destination that will indicate you have finally arrived, where you can rest, stop working so hard, and be enough. She makes you exhaust yourself and robs you of receiving the success and happiness from all your hard work. (See page 10 for full description.)

**Add up scores for questions 1, 12, and 18.**

**This is your Comparison Queen score:** ___.

The Comparison Queen is your inner judge who assesses the success of your life by comparing you to other people or to where she thinks you should be, or used to be, which in her eyes is never enough. She makes you feel like an inadequate failure or like you are falling behind and not measuring up. She can also compare your best to everyone else’s worst so that you feel superior. (See page 12 for full description.)

**Add up scores for questions 4, 19, and 33.**

**This is your Doing Addict score:** ___.

The Doing Addict is an inner taskmaster and slave driver who makes sure you are always busy doing something. She makes sure you don't rest,
relax, or play until your work is done or the items on the to-do list are checked off (which they never are). She makes your mind run constantly with all the to dos, making you stressed out, frenzied, always reacting to the outside world’s demands. (See page 14 for full description.)

Add up scores for questions 11, 26, and 39.

This is your Drama Queen score: ____.

The Drama Queen is the turmoil creator who thrives on chaos and loves to keep your life in a state of drama, which she views as excitement. Her job is to keep you from having to deal with your true emotions by whipping up all-consuming drama in your life or feeding off gossip and other people’s chaos. She makes you use all your energy on the “drama” happening so that you don’t have focus on the truth of your life. (See page 16 for full description.)

Add up scores for questions 7, 24, and 30.

This is your Fixer and Rescuer score: ____.

The Fixer and Rescuer is the inner helper who loves to focus on what is wrong with everyone else and then gets you to spend all your energy and time helping others. She convinces you that what you are doing is the only choice you could make. She makes you sacrifice yourself in the name of helping others. (See page 18 for full description.)

Add up scores for questions 5, 13, and 23.

This is your Good Girl score: ____.

The Good Girl is an inner people pleaser who is desperately afraid that no one will like her or love her if she doesn’t do what people expect of her or if she doesn’t give to others before she takes care of herself. She makes you give more time, money, and energy than you have to give,
and she stifles your true feelings and emotions. (See page 20 for full description.)

Add up scores for questions 8, 16, and 29.

This is your Head Tripper score: ___.

The Head Tripper is the rational, practical skeptic, whose job it is to discount your intuition and anything that feels too “touchy-feely” or “woo-woo.” She prides herself on your ability to not cry, to be unshakable, and to keep your emotions under wraps. She makes you feel weak for having emotions, and she makes you give up on your dreams because they aren’t “realistic.” (See page 22 for full description.)

Add up scores for questions 25, 28, and 35.

This is your Invincible Superwoman score: ___.

The Invincible Superwoman puts the weight of the world on your shoulders and doesn’t let you set it down, no matter how heavy it gets—because she thinks you should be able to handle it. Her job is to keep you feeling and looking strong, never showing any weakness. She makes you do everything on your own and take on way more responsibility than humanly possible. (See page 24 for full description.)

Add up scores for questions 9, 27, and 36.

This is your Martyr score: ___.

The Martyr is an inner spiritual guru, starving artist, or superactivist who has made it her job to use your spirituality, creativity, or social mission as a way to pretend you don’t need things on the earthly plane—including money, recognition, and success. She keeps you suffering for your cause, your art, or your spiritual pursuit, as a way to prove yourself worthy or better than others. (See page 26 for full description.)
Add up scores for questions 10, 20, and 37.

This is your Overly Optimistic, Partying Cheerleader score: ____.

The Overly Optimistic, Partying Cheerleader is the one who tells you that everything will work out for you, even if you are about to dive head-first into a self-sabotaging choice. Her job is to make you feel good and happy in the moment, consequences be damned—it's all about instant gratification. She cajoles you into making choices you later regret. (See page 28 for full description.)

Add up scores for questions 15, 22, and 31.

This is your Perfectionist score: ____.

The Perfectionist is the highly critical and often harsh, picky, or sharp critical inner authority figure whose job is to point out everything you're doing wrong or that doesn't measure up to her perfectionist standards. She makes you procrastinate, give more energy and time to a project than is necessary, and obsess over the smallest details that don't matter. (See page 30 for full description.)

Add up scores for questions 6, 14, and 34.

This is your Rejection Queen score: ____.

The Rejection Queen is the one who is deathly afraid of being rejected, unloved, and alone. Her job is to convince you that you are unlovable and doomed to be alone and that people don't really want you around, showing you just how unsafe it is to let people in. And she's great at choosing unhealthy relationships for you, to prove her theories. She makes you feel lonely and left out, like you don't belong, and like it's just safer to be on your own. (See page 32 for full description.)
Add up scores for questions 2, 17, and 38.

This is your Worrywart score: ___.

The Worrywart is the professional worrier and runner of worst-case scenarios, who loves to fill your mind with all the bad things that could happen. Her job is to keep you living in a heightened state of fear and anxiety. She makes you feel unsafe, unsure, and uncertain, filling your head with crazy thoughts so you are constantly anxious, upset, or scared. (See page 34 for full description.)

Next let’s look at which Inner Mean Girl Archetypes you scored highest. Circle the archetype or archetypes that have the highest sums. Circle no more than three. You may have high scores for several archetypes, or one or two might be the obvious winners. Either situation is okay.

As a general frame of reference, any archetype you scored 21 or higher on is an archetype you want to continue to explore in the next two chapters. Remember, the first step is awareness, so don’t freak out—there are more steps to come! For now, celebrate that you have narrowed your list down and are closer to seeing who your Inner Mean Girl is, how she operates, and what she is costing you.