

Feminine Expression Model

Secure communication is the ability and skill to express your emotions, needs and desires in order to receive what you need from the correct people and places that can and are willing to provide it. Secure communication uses verbal and nonverbal communication to make her feelings, needs and desires known to those around her.

She engages with the world in a way that transforms others. It is an inward-out approach. When a woman expresses herself in a secure way, it creates understanding, gives valuable information, and provides an opportunity for others to give to you.

When you use this model with your partner or anyone else in your life, they feel seen, heard and respected. They feel closer to you. They understand your needs, feelings and desires. They are activated to give to you. It's beyond powerful.

The "secure" energy in you is the part of you that receives, follows, rests, allows things to unfold by trusting others will show up at their best. It is a very open and optimistic approach.

Masculine Energy

Masculine energy is about action and getting results. It's about taking results-oriented action. Control. The masculine focuses on doing, solving, fixing, completing, analyzing, thinking, decision making, logistics, figuring out, planning, leading, execution and giving. Masculine energy seeks to take action to create a result. It's transactional in nature.

Men stay in their head because they are problem solvers by nature. They are logical thinkers and use this trait to get things done.

Their purpose is to be protectors, providers and committed procreators.

They need respect, acceptance and challenges.

Secure energy is about feeling, sensing, expressing, receiving, allowing, flowing, intuiting and following.

Females are designed to be emotional feelers. We are made to live mostly in our bodies, not in our heads. We function best when in our bodies because it helps us feel our emotions and sense/intuit others' feelings and needs...and then approaching life from that place..

Being in your body and sensing your emotions and others emotions is the biggest and best tool you have.

You see, one of God's purposes for women is to be "...a **helper** suitable for him." – Genesis 2:18. You are created to be with a husband and **help him** with his work and in return you receive provision and protection and the ability to procreate. A husband compliments your God-given design.

But you are designed to help him when he goes to work so that you both can reap the sowing he creates. You receive his love, attention, gentle care and affection.

However, a man does not give to his adversary. He does not feel comfortable loving his enemy. He is designed to defend himself against his foe. He will fight (not love) his opponent.

And when you as his partner tell him what to do, judge, blame, criticize, accuse, over-generalize or assume things about his character or actions, he will automatically go into defense and will view you as a competitor, not a companion.

Unhealthy Protective or Pleasing Energy In A Woman

Protective and pleasing energy in a woman creates over-functioning behavior. It creates a woman that primarily functions like a man was designed to function. Results driven control.

I call it over-functioning because masculine behaviors are created by the belief that you have to *do* things in order to *be* respected.

This may apply in the workplace however, it does not apply in romantic relationships.

But remember what you read above? Males do this. Men function best when achieving and doing. What they need is respect. And you need to respect a man in order to love him well and feel good with him.

Whereas a woman is designed to be herself and simply receive.

So first I want you to understand exactly what masculine energy looks, sounds, and feels like to you and others so you understand why it's so harmful to you, your relationships and life overall. Think about these questions.

What does masculine energy look and feel like coming from a woman?

What does it sound like to others?

What are the negative outcomes masculine energy creates in your relationships

What do you need to be very conscious of in your nonverbal communication?

Now, what does secure energy look like in a woman?

What does it sound like to others?

Responsive. To respond to something or someone means you are able to stop, evaluate, use emotions and logic and then engage in a way that will create an

outcome aligned with the life you want to create. To respond means you use emotional intelligence.

What are the positive outcomes it creates in your relationships?

What do you need to be very conscious of in your verbal and nonverbal communication?

Tools for Nonverbal Secure Communication

Eye contact

Focus

Posture

Tone

Volume

Facial expressions

MIRROR NEURONS

Mirror neurons create empathy

Puts yourself in someone's shoes makes

Creates a safe space

I can be myself

Associate good feelings

LISTENING -

Listening to understand and learn about them

NOT TALKING

NOT interrupting.

Don't practice active listening - don't respond with just your experience about what they just said. Watch their body language, tone, volume, feelings, and energy. This will

tell you how they feel about what they're talking about. Share this back to them. Compliment anything you noticed..

You should express how something evoked an emotion in you. Respond how you noticed the way they felt when talking about it.

Being curious and compassionate

Repeat and approve

Validate

People who don't talk a lot, people who ask questions about others and let them talk, you come off as more likable and you actually have more power. Why? Because when another person talks, you get to learn.

This is good with men when you ask men about their plans.

Think of this as gathering information to qualify them and learn about them.

Checking in with your body to see how you're feeling around them.

Environment

The secure woman is present, approachable and open.

Based on where you're at, you want to make sure you're not closed off.

Interacting with Others

Depending on the area of life you're in and the role you're in, will depend on how much secure and masculine energy you bring.

I teach my clients to focus on 5 areas of their life.

Read below to learn

The 5 Main Roles You Play & Why They're Important

Don't worry if you're not married, don't have kids or don't have a career you love yet. You will have it. JUST WATCH. Why? Because secure women have careers, partners and families that meet all their needs.

Because each area is different, it provides different value to your life. Each meets different needs for you as a woman.

For example, your relationship with God requires you to be 100% surrendered to Him and His authority. He is your Lord and Savior. You are his daughter. When a young girl has a father, she is completely dependent on his ability to provide, protect and prepare her for life.

She doesn't try to work or cook dinner. She doesn't try to mow the lawn. She doesn't fix things around the house. She simply wakes up, plays, eats, and her parents provide everything she needs. Everything including teaching her how to behave, interact with others and how to eventually be an independent adult.

Her role is daughter and her dad's role is father. He protects, provides and prepares her and she follows his direction and learns from him. She receives love, support, care, safety, security, protection, food, shelter and so much more.

Now when you're an adult woman, you may have a career and you will have a designated role or title at the organization you work for or the business you created. This is a professional relationship, you work and your clients or company you work for pays you. You're clear on your duties and responsibilities and you bring value to the company with your work.

You can see that based on the area of life you're in, you have different responsibilities and you're getting different needs met as a woman.

In your spiritual relationship with God, you are a daughter and he is your father. He is also your King. You get love, guidance, wisdom, and purpose.

It's very important to be clear on which area of life you're in because it requires you to show up very differently! You will also bring different amounts of masculine and secure energy to each and interact with different people in each.

My coaching clients tell me often that this mindset has helped them extensively in being in their secure energy and receiving all the benefits of it.

So I'm going to break down the 5 important roles a woman has in her life that give her the most fulfillment and support.

Percentages of Secure Feminine & Masculine Energy

Daughter – You receive here. She is a daughter to a king. 100% secure feminine

Woman – You lead and receive here. 50/50 masculine & secure feminine

Career Title (coach) – You lead and receive here. 80/20 masculine & secure feminine

Wife – You receive here. 90/10 masculine & secure feminine

Mother – You lead and receive here. 40/60 secure feminine & masculine

Now that you know the percentages you need to have in each area of life, allow me to explain what each looks like.

Healthy Masculine/Leadership Energy In A Woman

Healthy masculine is completely different from the one you're undoing with this program. Healthy masculine energy in a woman looks like service and leadership.

Leadership looks like using your natural gifts and skills to serve others in a shared vision. It looks like present focused nurturing.

This looks like loving your people and accomplishing certain tasks that create the shared vision of that area of life. You also get a specific need met in your life.

For example, in your career, you are 80% in your masculine energy and 20% secure. You work for the company and they pay you income.

You were hired because you meet certain requirements that your organization needed in order for you to accomplish that role. You have a title, duties, skills, and an objective in your business or job. You were hired to accomplish a certain result. Whether you're a secretary that answers phones, checks in clients, does data entry and supports an executive team or office.

Healthy masculine energy takes action to help herself and help others. It's always a win/win for her relationships.

It's about service that uses and improves your natural gifts and skills that at the same time serves and benefits others.

But not all relationships need you to be in your masculine. Why?

Because some areas of your life are purely a place for you to be in your secure feminine and receive.

The way you receive from your career is you receive income, purpose and fulfillment. That's the 20%.

Your career should pay you well. Your career should create a space where you are utilizing your purpose and it should make you feel very fulfilled. If it doesn't, then you are probably in a "job" and not your "work." A job offers you employment. Your work, which is your purpose, creates deployment of your natural gifts and best skills. It should energize you and allow you to provide for yourself and all your needs and desires.

If your career or business does not offer you this experience, you may be in the wrong place of employment, wrong position or you may just be doing your work in the wrong way. If this describes you, reach out to me so I can point you towards a resource that can help you with your work. But I digress!

We all have masculine and secure energy but as you can see, each area of your life requires you to show up either in service or submission. You're either leading or following.

But you CANNOT do both at the same time!!!!

Read that a few times if you have to. I want that deeply ingrained in your soul.

When you lead, you cannot follow. When you follow you cannot lead.

If you dance with a man and both of you are trying to lead, what would happen?

You would be running into one another and stepping on each other's feet. You would be pushing and pulling and it would be a big tug of war with one another.

This is why you may be struggling in some of your relationships or areas of your life.

You may be leading where you should follow or vice versa.

You must stay very conscious of which area of your life you are in, what role you play there, what the objective is and if you're in masculine, secure or a beautiful blend of both.

Your mother role for example is one that you must use both your servant leadership role and also surrendered feminine to be very present, and in your body so that you can intuit your children's needs.

Remember, the secure stays in her body and not in her head. And as a mother, you have the unique ability to be a delicate sponge that allows you to empathize with your children, sense their needs and then serve.

It's one of the most treasured roles a woman has the privilege of experiencing in her life.

The Feminine Expression Model

The goal is to correctly identify and express how you feel, what you want and what you like. You must do this to yourself FIRST before you can effectively communicate to someone else.

This should be simple and clear to you and be able to share to someone else.

So you are going to get clear and answer:

1. How do I feel?
2. What do I want?
3. What don't I want?
4. What do I like?
5. What do I not like?

STEP 1 – HOW DO I FEEL?

Close your eyes and focus on your body. Move your attention to the sensations and emotions vibrating in your body. What are you feeling? Below is a list to help you identify the main emotion you're feeling.

[List of emotions.](#)

On another sheet of paper or on the worksheet attached to this program HERE, write down the main emotion. If there are several, choose the one that feels the strongest.

For example, if you're overwhelmed about a project you have to complete in your business or career, write down overwhelmed. ***"I feel overwhelmed."*** is what you will write down on your paper.

STEP #2 – WHAT DO I WANT?

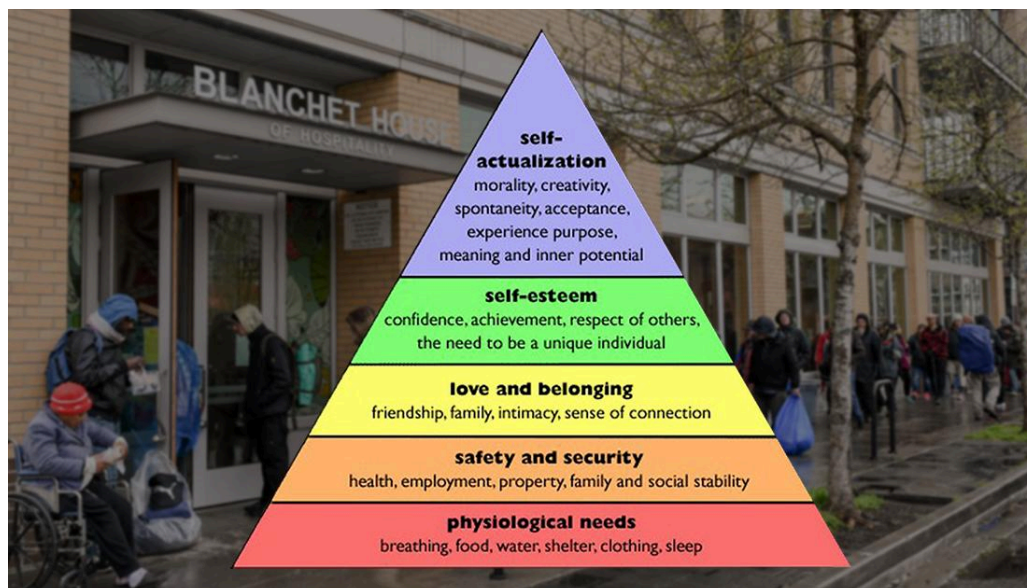
Ask yourself, "what do I want right now?"

This is related to the situation you're

I notice this is a tricky question for most women. This is what you **MUST** remember when answering this question, imagine you're at your favorite 5-star restaurant and you are starving! You're with your mentor who is super rich and she tells you to order whatever you want on the menu. The waiter comes over and your mentor starts to order her favorite soup, a yummy salad, an appetizer and her entree. She orders a bowl of their famous onion soup, a raspberry vinaigrette walnut and apple spinach salad and an appetizer of 12 oysters. She tells you you're welcome to share the oysters with you but you don't like them, she's ready and willing to eat them all! She gets a big 12 ounce filet mignon medium rare with some brussel sprouts and mashed potatoes on the side.

She explains that whatever she doesn't finish, she's taking home and enjoying for lunch tomorrow!

Read below to learn the 5 major sets of needs. Which needs do you currently have? Which one(s) apply?



Physiological Needs: breathing, food, water, shelter, clothing, sleep, rest, energy
(NEEDS OF THE BODY)

Safety and Security: health, employment, money, property, family and social stability
(NEEDS OF THE BODY)

Love and Belonging: friendship, family, intimacy, sense of connection, conversation, encouragement, support, help, celebration, love (NEEDS OF THE BODY)

Self-Esteem: Confidence, achievement, respect of others, the need to be a unique individual, (NEEDS OF THE BODY SPIRIT)

Self Actualization: Morality, creativity, spontaneity, acceptance, experience purpose, meaning and inner potential, passion (NEEDS OF THE BODY SPIRIT)

The lower 3 (physiological, safety & security and love & belonging) can create a high stress response of anxiety, fear, anger, sadness, depression, helplessness, powerlessness because these are more basic needs that your BODY sees as a threat when they're not met. This is normal! But you need to be aware when you are activated, what you actually need in the moment and how to calm yourself down using [THE SELF CONNECTION MODEL \(LOVE YOURSELF\)](#) as well as using quick grounding breaths, touching something or naming 5 things you see in your environment. These 3 exercises bring you to the present moment and calm you immediately and quickly.

HOW TO EXPRESS YOURSELF

Start by first identifying the emotions you're feeling. Start with the top 3. Especially if you're communicating with a male, too many emotions can flood him and he will shut down.

Write down the emotions. Then state it into a sentence. .

For example. ***"I'm frustrated."*** or ***"I'm really confused."*** Or ***"I miss you so much!"***

What's important here is saying it in first person, using the word "I" and in present tense.

Next, you decide what you want.

HOW TO DECIDE WHAT YOU WANT

What is the end result you want? Picture it. If you were looking in the window of your house and saw yourself with the end result, what does it look like? ask yourself....

What am I doing there? Where am I? How am I feeling? What do I have? What do I look like? Who am I with? What does it sound like? What does it taste like? What sensations do I feel? This is what you will be sharing with yourself or others.

For example, "I want a career where I'm using the skills I learned earning my MBA degree. I want to earn \$150k a year, take home. I want to work at a hospital. I want to work in the oncology department. I want to work with the physicians as their head of systems and operations for surgical and chemo treatment. I want to work 5 days a week, 9 to 5. I want to love the executive and physician team I work with."

This is what you would be saying in an interview or to yourself when looking for jobs.

How To Express It

First, answer the following questions to get you clear.

1. Who does it need to be expressed to? Yourself? God? Someone specific? (The person it needs to be expressed to is determined by the person that will meet the need for you or is involved in the relationship that will meet the need. For example, if you want to make love, you will tell your husband.)
2. What area of your life are you in? (Work, romantic relationship, child, or Self)
Please note, when you need something for yourself and you are finding it difficult to create it, you should go to God to ask Him for the strength to create it.)
3. What is the vision you have for that area of your life? (You should be clear on the vision for this area of your life so you can confirm that you are making a vision-based decision.) For example,

When you need/want....then you may feel....

Feelings are sensations or emotions in your body. A sensation is something you feel on your skin externally or internally. For example, feeling cold, hot, shaky, dizzy, jittery, achey, nauseous, butterflies, etc.

When you need food, you may feel hungry.

When you need sleep, you may feel sleepy, groggy, fatigued, or tired.

When you need water, you feel thirsty.

When you need clothes, you feel cold, hot, etc.

When you need rest, you may feel overworked, tired, fatigued, weak, in pain, achey.,

When you need health, you may feel sick, sensations of pain, sickness (headache, nausea, etc.)

When you need employment, you may feel anxious, fear, doubt, nervous, stomach ache, stress, headache.

When you need money, you may feel anxious, fear, doubt, nervous, stomach ache, stress, headache, worry, inadequate, loss of appetite, frustrated, embarrassed, helpless, powerless.

When you need property, you may feel anxious, fear, doubt, nervous, stomach ache, stress, headache.

When you need family and social stability, you may feel lonely, unsupported, anxious, fear, doubt, nervous, stomach ache, stress, headache.

REMEMBER: We do not criticize, blame, accuse, judge, over-generalize, control, teach, fix, solve, question. You speak and take responsibility and accountability for your feelings, thoughts, needs, desires and dislikes so that THEY can then decide what they want to do or not to do. A secure leader allows others to act on their own accord. She simply watches and learns about them and accepts everyone as they are. She can then make decisions accordingly.

Examples of secure feminine expression:

"I feel hungry. I don't want to wait 2 hours to eat. I want to eat a burger right now."

"I feel sad about how our argument ended yesterday. I don't want a marriage where we go days without resolving an argument. I want us to talk at some point today and resolve the issue."

"I don't feel secure in my business. I feel so doubtful and confused. I don't want a business that has inconsistent income. I want a business that brings in 5 new clients each month on autopilot with a proven system."

"I feel insecure. I don't want to go to my high school reunion being 50 pounds overweight. I want to feel confident in a nice dress while connecting with my classmates."

How do you get this need/desire met? By yourself, with someone, with a thing/activity

For example:

You - I rest. I take a nap. I will go on a diet.

Others - I talk with my husband. I need to hire a business coach.

Product - I eat food. I take ibuprofen.

The 4 questions to ask yourself before you communicate with your partner:

What am I communicating right now? Verbally? Nonverbal?

What are the consequences of this?

Is this creating love or stress?

Will this support or create the vision for our relationship?

Things to remember:

When you are.....

Listening - you are not talking.

Allowing - you are not controlling, fixing.

Appreciating - not changing

Expressing Your Feelings - you are educating others with your feelings, not suppressing them and ignoring them.

To Start

Start with validation. "I love you so much. You make me so happy. I want us to be together forever. You're such a great man. You're so strong, smart, and a provider. I always feel safe with you."

During – Repeat and approve – "ok so what I'm hearing you say is..."

Choose a good time– You are both present and focused on each other. Not distracted.

Stay on task – What's the goal? What do you want to happen? Understanding? Advice. Him to do something. Change plans. Declare a boundary. Share a decision. Need help.

Compliments – Thank you. You're so good at that. I'm so impressed. I feel so safe with you. Whenever you do that, I feel so

REMEMBER:

Do not blame, criticize, advise, warn, teach, judge, suggest/convince, question/interrogate, accuse, convince. You are not your partner's teacher, coach, manager/boss, therapist or mother. You are his lover and best friend. His cheerleader, teammate. If he wins, you benefitalways. If he has fun, you will be the person that made it possible.

What these look and sound like:

Blame – *"You did that."*

Criticize – *"Why are you doing this?"*

Advise – *"You really should do that."*

Warn – *"You shouldn't do that."*

Judge – *"You always do this."*

Suggest/convince – *"Let's do that."*

Ask "innocent" questions - *"How come you're wearing that shirt and not the one I bought you?"*

Accuse - *"You did that!"*

Convince - *"This is why you should do that."*

Things to remember:

When I'm talking, I can't listen to others share their ideas and feelings.

When I'm leading, I can't follow.

When I'm giving, I can't receive.

When I'm doing, I'm not being.

When I'm doubting, I'm not believing

When I'm predicting the worst, I'm not having faith in the best.

When I'm judging, I'm creating guilt

When I'm yelling, I'm scaring

When I criticize, they learn to condemn (express unfavorable judgment)

When children live with hostility, they learn to fight.

When children are ridiculed, they learn to be shy.

When children live with jealousy, they learn to feel guilt.

When children live with tolerance, they learn to be patient.

When children live with encouragement, they learn to have confidence.

When you praise others, they learn to appreciate you and themselves.

When you are fair, they learn justice.

When you create security, they learn to have faith.

When you approve, they learn to like themselves.

When you accept and befriend, they learn to find love in the world.

When you play, they learn to have fun.

When you are consistently there, they learn safety.

When you leave and come back, they learn safety.

When you do what you say you'll do, they learn safety and trust.