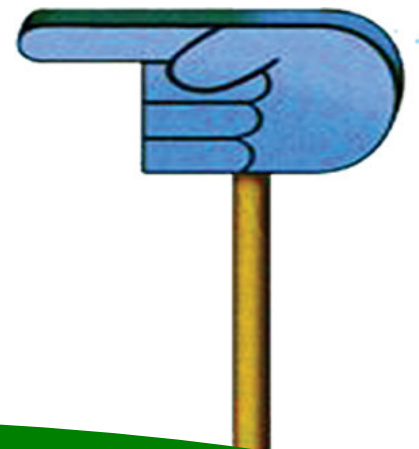




## An Overview of the Stop Your Drama Methodology for Reinvention

# The 8 Steps of Empowerment

1. Clear the Fog
2. Identify the Gap
3. Tell Yourself the Truth
4. Reinvent, Realign and Rejuvenate
5. Stop Relationship Drama
6. Master Your Energy
7. Release Resistance
8. Become a Creator



## Introduction

This is Marlene Chism, founder of The Stop Your Drama Methodology, an 8-step empowerment system for reinvention that works in your business and also in your personal life.

Today I'm going to give you an overview of the 8 principles or steps of the Stop your Drama Methodology.

I have been doing this work for a long time and it is the core of how I coach, the core of my corporate training and for me, this is a lifestyle.

Why this is so important right now is because of the world we live in. Because of the economic problems we are currently facing, many of us feel a sense of uncertainty. We have lost trust. Many of us are facing a crisis.

However, what I want to point out is that there is a flip side to crisis and that is opportunity. In fact, the Chinese symbol for crisis is opportunity...it is the yin-yang symbol you have seen. It looks like a circle with a big "s" with half of the "s" being white and the other side black, then there's a contrasting dot in the middle of each.



So rather than seeing this as a time of recession, what if you decided to look at this as a reinvention?

Can you see the difference in asking a powerful question? Switching the word reinvention for recession not the same as denying the reality of what is, but it is the distinction of being willing to see the opportunity buried within the reality of the current challenge.

## The Outline

- How to notice the signs before a big change
- Why you might feel out of sync before a big shift
- The power of the truth and why telling lies blocks your power
- The two main components in drama
- Why it is no longer possible to manage time (step 6)
- What it means to release resistance and how I was able to find the title for my book once I released resistance. (Step 7)
- How you can become the creator and engineer of your life and your business.

## **Change and Reinvention**

### **How to notice the signs before a big change**

When you get ready to shift, you will notice it if you are aware. You will feel different. You will feel some discomfort, a bit of anxiety, perhaps some nervousness, even indecision or fear. In other words, your emotions are the gateway to reading the signs of change. When you are out of your comfort zone you feel it if you pay attention.

### **Why you feel the way you do**

When you get ready to shift a little piece in your brain, called the amygdalia signals your body by releasing chemicals that manifest as fear, anxiety, worry and doubt. It is as if your brain is saying, "Wait a minute. Something is not normal. We must warn you that something is about to change." Therefore it's not that you are crazy....you are just noticing your body's response to change. Once you get used to it, you start to look forward to the feeling because you know a shift is taking place.

Scientists have known for years that there is always chaos before clarity...so it's normal that if you are ready for a change you will feel some chaos.

### **My story**

When I first quit my job of 21 years (leaving the factory to become a professional speaker) I had no idea how bad it would feel to not have the familiarity of the old job and old boundaries that came with it. I was used to having every moment of my time accounted for and when I finally left....I could do what ever I pleased. I thought it would feel good but instead, I felt like a blind man with a cane, searching for the next curb. I had a clear vision before I left but then it didn't take long for the fog to come in.

So it is through my journey as well as my education and research that was the catalyst for the stop your drama methodology.

## **The Stop Your Drama Methodology**

### **Clear the Fog**

**Step one is Clear the Fog.** I say that CLARITY can change any situation and the one with the clarity navigates the ship and all others shovel coal. If you are “shoveling coal” in your business right now, it might be that all you need is some clarity and accountability. When I work with people I tell them to view me as co-captain of the ship. You are still in control. It’s your ship but if you are in the fog you need someone who can help you clear it and that is what I do. If you feel that you have been in the fog too long you will suffer. You will get that in this program.

Where there is drama there is always a lack of clarity. Let me share an example of how clarity can change any situation.

I was a guest expert on a local radio show where people call in with their questions. I was answering most questions on the air but one fellow got me on a private line and he told me his issue.

He was living in another state; I’ll say Illinois for example. He got a divorce and it sounded like it was kind of messy. Then he ended up getting another job in Missouri. His ex wife did let him take the kids one time out of Illinois but then she decided she wasn’t going to do it any more. This father was distraught.

He ended up getting his child support reduced and then she bucked up even more.

His ex wife would not meet him half way and she was not going to let him see his kids at all. She said it was too far.

Now...I’m going to stop here and keep a promise to you. I told you that I would tell you about the obsessive thought that kept going through his mind that was really making the fog roll in.

Here’s what he kept saying: “why is she doing this to me?”

I don’t know what she is thinking.

Why do you think she is doing this to me.

OK...now, this obsessive mind drama is creating a big fog for him.

I asked him, “What is your goal?”

He said, “To be a father to my kids and to get to see them.”

I said, "will your ex wife let you see your kids if you make the trip to Illinois?"  
He said, "Yes...." Then he said the famous word: But.

Another definition for "but" is, "Behold the Underlying Truth."

"But, I'm paying child support. I should not HAVE to drive all the way to Illinois to see my kids."

Now where most people get stuck is in the DRAMA of what should or shouldn't be. Yes, you can fight that battle if winning a battle is what you want. But again I asked, if there are two islands you can go to and one means winning a battle with your wife and the other island is getting to see your kids and be a father to them, which island do you choose?

He said, "Seeing my kids, but..."

I said. "No buts. Are YOU willing to drive to Illinois several times a year and spend quality time with your kids?"

He said "yes."

I told him to keep this clarity and I can almost guarantee that his ex wife will come around...however, even if she doesn't, he will still have been able to accomplish his goal of being in touch with his kids and maintaining that relationship.

### **Clarity in your business**

So, how does this relate to your business? If you are unclear you will not be at peace. You will struggle and you will hide information. You will do things you don't want to do to please others. You will not know your authentic voice. You will have habits you are unaware of that keep you from getting clients and making money.

I often work with business owners who are distressed because of the office drama. They are concerned from all the bickering, back-stabbing, and power struggles. We spend a lot of effort wondering why they are doing what they do but the reality is there is a lack of clarity.

If there is a lack of clarity then you feel like you are shoveling coal in the boiler room. How this manifests is you being in the middle, listening to complaints that have no outlet for problem-solving and so on. The leader MUST navigate the ship or you will always be in the coal-shoveling position.

Once you get clear then you get alignment and everyone follows, they collaborate or they leave.

Have you ever noticed that sometimes you have the clarity to start something? You get excited, but then half way there you feel like giving up. You want to scream. It's more difficult than you imagined so you procrastinate? There's a reason and it's called "identifying the gap."

## **Identify the Gap**

**Step 2 is called "Identify the gap."** The GAP is the distance between where you are and where you want to be. Picture again the row boat going to the island. The island might be five miles away, or 15 miles away, 500 miles away or 5000 miles away.

The farther away the island the larger the gap and the more that can happen in the gap. The things that HAPPEN IN THE GAP, by the way, I refer to as "THE DRAMA." Your DRAMA is how you respond....we talk about that in part 7 of the Signature Process Mastermind, called "Release Resistance, and Live above the Line."

I truly believe a lot of the self-esteem issues and self-doubt could be eliminated if people knew how to identify the gap.

### **The reason people get disappointed in themselves**

People have a lot of disillusionment about success. In my book, Success is a Given, I wrote about one of the myths: The myth is that "Salvation is on the Island." What this means is that most people believe that once they "close the gap" they are going to be happy. In other words, once they get their goal accomplished then they can feel good about themselves. What they don't realize is that although it feels great to accomplish a goal you don't stay on the island for long. Life is lived in the GAP!

Most of the time we are always trying to close the gap, but it is difficult to feel in control when you don't know what it's going to take to actually close the gap. Once you know what you need, then you can have a fantastic and exciting journey.

Your mind is made to solve problems but when you don't act in your best interests and you jump in a row boat with a leak and one oar, and try to compete with the ship that with a crew, you are going to be in for a rude awakening.

A lot of drama could be eliminated if a business owner or entrepreneur knew how to identify the gap. I have identified a definite cycle that people go through when they have not identified the gap.

## **The 5 Cycles of Not Identifying the Gap**

1. Excitement
2. Overwhelm and overwork
3. Burnout
4. Doubt and low self esteem
5. Sign up for coaching

Seth Godin has a great little book out called “The Dip” and he also talks about how there is always a little dip to get through on any goal.

To stop the Drama you must identify the gap so you are ready for the dip and have a plan in place.

### **Much of life is lived from reaction**

So much of the time we operate from our programming versus the facts. Now we are not going to go into depth today but I do want to mention that 99% of our lives are lived out of reaction from our subconscious mind. You’ve no doubt heard that your mind is like an iceberg. You see the top but the biggest part that you don’t see is under the surface. It is what is under the surface that programs us to believe what we believe and to experience what we experience. The good news is that your conscious mind can become more aware so that you can reprogram these beliefs that no longer work for you. I call this section telling yourself the truth.

Very often we do not really know what the truth is and we live in this level of unconsciousness....and that is why

### **Tell Yourself the Truth**

**Step 3 is called “Tell Yourself the Truth.** Now, I told you that people often lie to themselves. This is so common that we don’t even notice it. What’s interesting is that if you are still unclear and if you still have some unidentified places in “the gap” this section will be a big benefit to you to see what you haven’t been able to see before. You can only be as honest as your level of awareness. Most of us simply aren’t aware enough to even identify the truth. This skill will give you extreme listening skills to catch others when they aren’t completely telling the truth or when they are falling for a lie, so to speak. Let me tell you a story that I caught a client in the other day.

### **Catching my client in a big story**

My client said, “The only reason I stay at my job is because the whole business would cave in if I left.” Now she said this after telling me that the boss is a bully and he rants and raves and is freaking out because of the financial markets and fears surrounding us.

This client has many marketable skills and she has thought about starting her own business, but for now she wants what she believes is security of a steady pay check. It is easier for her to believe she is “protecting her boss” than it is to admit she is simply supplying her own needs by staying. I’m not saying she doesn’t care about her boss, but the reality is, there is something in it for her and it’s not just about rescuing someone else’s business.

As long as we use others as a way to justify our current position, we lose power. I challenged her on this for quite a long time and she swore she was just taking care of her boss.

In section 3 I also show you a system for separating fact from fiction. The reason this works to elevate your consciousness is because it gives you a practical tool that when used often, will affect your thinking. In other words you start re-programming your way of thinking instead of letting every emotion guide your decisions. In this section you will understand the importance of emotions and facts instead of valuing one over the other, you learn how to use both of them together to get to your hidden truth and make empowering decisions.

Now hold that thought because I’m going to show you how this little white lie is hurting not only her, but also her boss.

## **Reinvent, Realign and Rejuvenate**

**Step 4 of The Stop Your Drama Methodology is to reinvent and realign.** Step 4 is all about relationship with self. You have to reinvent yourself to make significant changes in your thinking. This is closely related to step 5 and we will tie these two pieces together later.

Let’s look at how you see yourself impacts your decisions and your relationships with others. Remember I said earlier that there are only two reasons you experience drama?

The first reason you will experience drama is all about who you think you are. The second reason you will experience drama is all about who you think someone else is.

Let’s take the example above. My client believes she is responsible for ‘rescuing’ her boss. This creates an internal mind drama where she is taking on the problems that are not hers to solve. It also allows her to elevate herself as more important to the company than she really should be. This can become a convenient excuse to stay there and to even put up with rude behavior from her boss.

The problem with this is she is robbing herself of opportunities. The pay off is she gets to blame her boss and she can buy into the lie that she is just being nice.

### **Honor the person and discount their story**

Now let's look at how this hurts her boss. If she really cares about him and wants to be authentic, she will see him as a competent responsible business owner. She will also require him to treat her with respect instead of covering for him when he has a drama episode. We do not empower others by allowing them to rant and rave and take out their frustrations on us. We should never believe a story about how we are responsible for excusing the bad behavior of others.

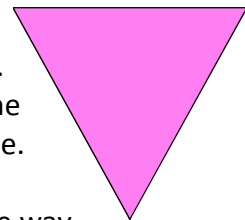
I call this honoring the person. Step five is all about letting go of relationship drama.

Whether you know it or not, everything boils back to relationships. As I mentioned before in section 4, you have a relationship with yourself and this impacts your relationship with others.

## **Stop Relationship Drama**

**The tool I introduce in part 5 is called the Karpman Drama triangle.**

If you visualize a triangle with one point at the bottom and one at the upper left and upper right, you have a model of the Karpman triangle.



At the bottom is the victim. The victim always feels wronged in some way.

At the top left is the persecutor. The persecutor is a finger pointer and is abrasive and needs to be right. Then you have the rescuer on the right corner. The rescuer is always caught in the middle trying to make everything ok even at the expense of self. Then in the middle is denial. This is the person who is unaware of what is going on. We see these roles in families and in office drama at work.

The Karpman Drama triangle helps you identify the four patterns on the triangle and then you get to use this tool to see if you are keeping yourself blocked or if you are enabling someone else to be dependent on you.

Once you obtain the knowledge about how to use the tool and you can then use it with your staff, your family and yourself when ever you feel that it is a relationship that is keeping you stuck.

## **Master Your Energy**

**Step 6 is called Master Your energy.** I promised you earlier that I would tell you why it is no longer possible to manage time. We no longer have real boundaries around our time.

- Electricity
- Faxes
- Pagers/ cell / Internet/
- More to do with same time

Now it is about self –mastery and this comes through learning all about energy and how to master energy. This is the challenge of our century...learning to consciously choose. We are getting lost in the choices and it is creating addictions to internet. We now see ADHD in adults. We talk a about this in week 6, Master Your Energy and I give you some choices of practices to challenge you in becoming a master of your energy. We talk about mental energy, physical energy, spiritual energy and emotional energy and how to shift your circumstances you have to learn how to “move energy.” Otherwise you will stay stuck in resistance patterns.

## **Release Resistance**

**Step 7 is called, Release Resistance.** Resistance is a new term in the business world but I feel very committed to bringing this work into the world. What does release resistance mean?

It means that when you are stuck it is because you are resisting something and in a real sense you are in some sort of Power struggle.

It can be within yourself, with another person, or with a situation. I have a complete program only on this process because it is quite intense and rich with exercises and information.

### **Judgment is a form of resistance**

There are four main energy patterns you can notice when you are in a state of resistance. I’m going to give you one today. Judgment is a form of resistance. You can hear judgment in other people’s language. It shows up as “should.”

What “should” have happened.

What someone should have done.

There is a lot of guilt associated with “shoulds” or there can be a lot of resentment if we hold someone else responsible for an outcome that we do not like.

As I have told you before, I had a lot of judgment about myself regarding my past and about my abilities and success level. Once I let go of all my harsh opinions and judgments, things started to flow.

The same rule works when we have harsh judgments about others. This judgment blocks the possibility of a relationship or collaboration.

### **Excuses is another form of resistance**

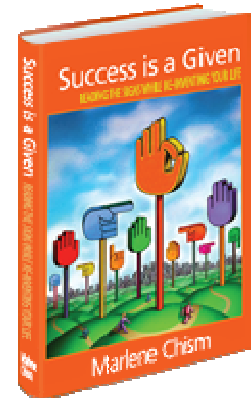
Resistance also shows up in excuses. How you can hear this is through the word, “but.” I would have done such and such, but.... Then the rest of the sentence has to do with a circumstance, the weather or some other source outside of self.

You have probably felt resistance before from your customers or even your employees or your kids.

In the release resistance section I will absolutely show you how to facilitate change within yourself or through others. How to listen to certain phrases to see where they are coming from energetically, and how to work with yourself through your own stuck places so that you get back in the flow again.

### **How resistance almost stopped me**

I want to share how resistance showed up for me when I was authoring my book, Success is a Given. I kept changing the title, I couldn't put it out there and I was also very unhappy in my business even though I had accomplished much of what I had originally set out to do. Now it seemed like my little goals were not that important after all.



In fact, even after I had accomplished all that I had set out to do I still didn't feel successful. (I now call this one of the success myths...that success is on the island. In other words, once I finally reach my destination then I will be successful and then I can finally be happy.) The problem is...life is lived most of the time in the GAP. We are always traveling from one place to another and we don't stay on the island for long.

The bigger the GAP the more potential for drama.

By the way, my book is at [www.successisagiven.com](http://www.successisagiven.com) if you haven't read it yet.

So what happened is I was in meditation and journaling, which I do almost every morning. Then I asked myself what was wrong. I wondered, "What would I teach if I were helping someone else who was feeling like I am?" Then I realized that my part 7, which I call "Releasing Resistance" and I also call "living above the line" is where I was stuck. I knew that there were four energy patterns that keep people blocked and by the way I talk about this in the book to, but I realized I was very much blocked by judgment.

SO I did my releasing work, which I teach you in the SYD process, and then I asked myself a question: What if I no longer had anything to prove and I knew I was already successful? Then what? Then I would be happy. I would be more open with people. I would have fun networking instead of comparing myself to others. Then I could ask for help without others thinking I'm not capable and so on.

Then the book title came to me: Success is a GIVEN. The sub title was reading the signs while reinventing your life. I used my own process and I still do it on a regular basis.

### **Break**

Now I want to break in very quickly to let you know that I do coaching to move you to clarity and to peace. I want anyone on the call who is feeling challenged or confused right now not to confuse where you are with WHO you are.

Don't confuse where you are with who you are.
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I also offer a complimentary 20 -30 minute consult to see if you are the right fit for the kind of consulting/ coaching that I offer.

I say this because I've had a little flurry of calls for free consults and some of you were not the right fit or this wasn't the right time either for the upcoming mastermind or for the private coaching/consulting.

That's the good thing about the consult is you get clarity about what you really need to move forward and what is the right fit, or the right type of support you need. For example, I will not work with someone who needs a therapist instead of my program. OI might recommend that what you really need is a marketing expert instead of more work on your personal growth and so on.

### **Who is and is not a good fit**

If you are in a complete state of panic...and you are not even clear on what problem to work on, you might need either a clarity coaching session with me, or you may need a therapist or a specialist to help you remove the "pain body" if it is really intense.

Again...don't confuse where you are with who you are. Just because you weren't accepted into the program does not mean there is anything wrong with you. I have a duty to my group to get people who are at a certain place.

You are going to be a good fit if you have two or three business ideas but aren't clear on which one you want to work on. You are a good fit if you are having a mild amount of drama and you want the support of a mastermind to help you hammer it out. You are a great fit if you are into personal growth and this is the format you enjoy. You will benefit if you are shifting your business or if you have skills but you need to get some support.

You are not a fit if your life is falling apart and you are drowning. I never want to have people think that I can solve your problems. I can facilitate a big breakthrough but you are the one who will make the decisions as to your growth. My job is co-captain for a short time and a mentor/supporter. The atmosphere is safe and it is for capable adults who are committed to growth and change.

## **Become a Creator**

In part 8 it is all about becoming a creator. Here's what this means. It means you have the freedom to create the life you want. You don't keep waiting for permission. You have clarity and confidence to move forward. You know what you bring to the table and you are willing to take risks to reach your potential.

You learn how to use language that supports your creative role and you learn how to ask a better question so that you open the field of possibilities.

No matter what you are telling yourself about yourself or your current situation, you are a creator. Look around at everything you have thus far created. It started with an idea, a desire or a thought. If you have lost this ability to create it's because you have forgotten how powerful you are.

As I said before, the Chinese symbol for crisis is the same symbol for opportunity, but most of the time we only see the crisis. Right now is the perfect time to reinvent. In the winter I keep reminding myself that spring is coming. The time to start the diet is now. The prime time to reinvent is right now...just imagine what would your business or life look like in 8 weeks after you have stepped up to the plate to get the support you need.

## Are you Ready to Reinvent?

The Stop Your Drama Methodology, also known as “The 8 Steps to Empowerment” is adaptable to work for you in a personal reinvention or in a business reinvention. There are several ways to work together.

1. Personal coaching/ consulting
2. Training and workshops
3. Attitude Builders (easy staff development to stop office drama)
4. Speaking engagement for your association or company

Call or e-mail to set up a complimentary consult. It’s just a very simple “get to know you” phone meeting where we discuss your needs, your particular situation, where you might be stuck, and what kind of programs we have. You can ask questions, and get a feel for the work we do.

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Check out the following websites for more information.

<http://www.attitudebuilders.com>

<http://www.stopyourdrama.com>

<http://www.marlenechism.com>

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