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Deepening Your Relationship with Your Inner Bad Girl

Last month, we explored welcoming the Inner Bad Girl and bringing her to the Counsel Table. This month, we're continuing this process.

With so much conditioning around what's acceptable (Good Girl) and what's not (Bad Girl) and how deeply engrained it is, I want to take you deeper into accepting the Bad Girl. She holds so much power, including the force of truly righteous rage, of scorn and disgust. It's also often the energy of passion, approval, delight, sensuality and so much more.

When we experience emotions, needs or desires that we believe aren't okay, we push them into the Bad Girl closet and firmly close the door. The thing is, they doesn't go away. And they don't stay neatly tucked away in the closet.

As the pressure in the closet builds from more being stuffed into it, those emotions, desires and needs start oozing out. Often you're not even aware of this.

Sometimes other people notice the sharpness from unspoken criticism in your tone of voice, even when you think you're being nice. The steely glint of unacknowledged anger in your eyes, even when your words are sweet. Though they may not consciously register these things, their bodies can sense what's being held in your body.

The only way to empty that closet (and allow your body to settle even more) is to open the door.

When we open the door, we let air and light in. In both the physical and emotional domains, light and air naturally bring healing.

Opening the door also allows all the stuff to come out. Those needs and desires can finally be addressed. And you can finally integrate the strength and power of the Inner Bad Girl and use it to serve your dreams.

The Roles of Society

Society currently keeps women – and even more so women of color and gender non-conforming individuals – in impossible constraints. We're given messages like:

- Be strong and independent, but have a man and let him be a man (have the final word and make the big decisions).
- Be sexy, but not too sexy.
- Enjoy sex and your body, but only with one person (male) and only at “normal” levels.
- Take care of your home, kids if you have them, your job, your parents, your partner, your body, your hair, and also be relaxed, gracious and grateful.
- Stand up for yourself, but never be too demanding or bitchy or nagging (all of which are defined by patriarchal standards).

It’s impossible to meet all the requirements. It just can’t be done. Yet so many of us end up tied in knots trying because at some deep level we fear being ostracized and alone, which feels like death. To fit in, we bear down harder on the Bad Girl and add a lock to that closet door.

The problem with that, as I said last month, is that the Bad Girl is one of our greatest healers and allies. She’s deeply connected to your passion, vitality, creativity, ability to say no and hold boundaries, and your sense of justice. She can create needed change, often by challenging the status quo. She holds lots of power, deliciousness and delight. She’s connected to your primal energy, sensuality and sexuality. If you’re feeling bored or blah, she can change that quickly.

The other aspect of this is that we interpret our societal training as personal failings. We see patriarchal wounds as personal problems.

When we realize that we’re:

- picking the wrong men
- getting in our own way
- won’t ask for a raise
- have trouble asking for things
- yield when have right of way and let others go first
- keep waiting for our turn
- keep waiting to be chosen
- are afraid of being pushing
- don’t interrupt people too much
- take care of others
- are dying of politeness
- don’t want to be bossy
- don’t speak up so men around us don’t look dumb

...we think those are our personal problems, when in reality it’s institutionalized conditioning. The reaction to wounds over time is seen as personality traits. While you likely can point to specific situations that engrained this in you, you’re not unique. It’s part of the system we’ve been raised in.

How the Bad Girl helps

Think of a time when you've met a woman who was palpably powerful. You may have walked into a room and felt her energy. You may have heard her speak to a group and watched everyone lean in and give her their full attention. You may have heard her say something bold – and so needed! – during a meeting. That's a woman who has a healthy relationship with her Inner Bad Girl.

Connecting with your Bad Girl may feel intimidating or scary. Often when you start connecting with her, you may have thoughts like, "I want to spend the whole day naked, even in meetings with clients" or "I want to have sex with the following 3 people at the same time." or "I want _____ to crawl to me on his knees, apologize specifically for every time he demeaned me in front of my co-workers or took credit for my ideas, and then write me a check for \$20,000 as an asshole tax" or even, "I want to make every politician who has ever lied confess to each time on national TV, donate all their money over \$200K to charities/ groups of my choice, and do community service for a week per lie." You may even fantasize about killing someone in a very creative way. Or about getting 10 hours of sleep a night and having a chef prepare delicious, nutritious food every meal.

The Bad Girl is highly specific and detailed. Justice, physical well-being and delight are important to her.

Your Bad Girl will help you break free of the systemic conditioning and reconnect with your truth.

As your Bad Girl begins to share her desires, your conditioning may have you judging yourself and pulling back. Part of you may be horrified at what comes up. *That's okay.* You can acknowledge the horror, disgust, judgment, and then keep playing. **You will not be asked at any point to do anything from your list.** You don't ever need to tell anyone any of these that you don't want to.

You're simply opening the door to the closet and letting in some air and light. And seeing what treasures have been stuffed in the closet with everything else.

You might find that you feel pleasure and delight at some thoughts that come up. You might have anger or fury come up to be felt. You might get lots of clarity about what you really want, what you want to do and create. You might find yourself starting to be more bold, honest and congruent in your life without even having to force or work hard at anything. You might start feeling more alive, vibrant and sassy. You might start having more fun.

Are you ready to play with this some more? Let's do it!

What activities connect you (or would connect you) with your IBG?

What movements connect you (or would connect you) with your IBG?

What comes up for you (thoughts, feelings, sensations?) when you think of being more connected with your IBG? When you think of being disobedient and disruptive?

What's an area in your life/ business where you feel stuck?

*Move or touch your body, and get in touch with your IBG. Breathe into her energy. Now, set a timer for 5 minutes. Write as many sentences as you can about the situation where you feel stuck (or whatever else comes up), starting with the phrase, "If I was a bad girl, I'd _____". Get as detailed, descriptive and "bad" as you're able and desire to. It's totally fine if they're immoral, unfair or impossible. **You will not be asked to do any of these things.***
