



# The SHRINKER

## A Quick-Reference Guide

### Core Pattern

Making yourself smaller for the sake of others due to insecurity, the need to fit in, lack of confidence, etc.

<p><i>How it Shows Up</i></p>	<ul style="list-style-type: none"> <li>⇒ Dimming your light to minimize attention from others</li> <li>⇒ Downplaying accomplishments</li> <li>⇒ Holding back opinions in groups/meetings/discussions</li> <li>⇒ Over-apologizing</li> <li>⇒ Taking up minimal physical space</li> <li>⇒ Dressing to blend in/not stand out</li> <li>⇒ Deferring to others' expertise/questioning your own</li> <li>⇒ Relief when you're not in the spotlight</li> </ul>	<p><b><u>Actions to Practice</u></b></p> <ol style="list-style-type: none"> <li>1. Share one opinion without "qualifying" or apologizing Big things and small things</li> <li>2. Accept a compliment without deflecting. When you catch yourself saying it, pause to ask "is it really?"</li> <li>3. Take up physical space. Sit where you can be seen Speak up/first Uncross your arms &amp; stand tall Don't downplay your wardrobe</li> </ol>
<p><i>Hidden Strengths</i></p>	<ul style="list-style-type: none"> <li>✓ Deeply observant - you notice everything, and therefore...</li> <li>✓ Can read rooms and situations well</li> <li>✓ Thoughtful and considerate of others</li> <li>✓ Strategic and careful with your choices</li> <li>✓ Humble without trying to be</li> <li>✓ Incredibly powerful when you finally step into your light</li> <li>✓ Often the wisest voice in the room</li> </ul>	
<p><i>What Depletes Your Soil</i></p>	<ul style="list-style-type: none"> <li>✗ Environments where visibility = criticism</li> <li>✗ Relationships with jealous or competitive people</li> <li>✗ Workplaces that punish standing out</li> <li>✗ Constant self-monitoring and editing</li> <li>✗ People who feel threatened by competence</li> <li>✗ Needing to manage others' insecurities</li> </ul>	<p style="text-align: center;"><b>CAUTION CAUTION CAUTION CAUTION CAUTION</b></p> <p><b><u>Watch Out For:</u></b></p> <ul style="list-style-type: none"> <li>△ Starting sentences with "This might be stupid, but..."</li> <li>△ Staying silent when you have something to contribute</li> <li>△ Physically shrinking (hunching, folding arms)</li> <li>△ Preemptively downplaying your ideas</li> </ul>
<p><i>What Fertilizes Your Soil</i></p>	<ul style="list-style-type: none"> <li>✓ Permission to be seen and celebrated</li> <li>✓ Space to expand without judgment</li> <li>✓ People who are genuinely happy for your success</li> <li>✓ Freedom from constant criticism</li> <li>✓ Environments that reward visibility</li> <li>✓ Relationships where your bigness is welcome</li> </ul>	

**Your Mantra:** *"I deserve to be seen! I and my gifts are meant to shine."*

**Your Takeaway:** Don't absorb people's discomfort with your light. That is their work, not yours. Any room that doesn't hold space for the full (healthy best version of) you is not your room.