

Injured Feminine Instinct

“As a result of disconnecting from our true nature, we women have unconsciously turned to other, more self-destructive ways of functioning and trying to get our needs met in the world. Most often, the Injured Feminine Instinct shows up in two distinct personalities, Compliance and Defiance. When your femininity is intact, your true nature is Alliance.

We all are typically compliant in some areas and defiant in others. And we don't have to identify with all of the traits on either list to determine which is our principal MO.” Gina DeVee

Healing the Injured Feminine Instinct puts you into alliance with the Universe and your best life.

<i>Compliance</i>	<i>Defiance</i>	<i>Alliance</i>
Shameful	Self-obsessed	Assured
Easily Embarrassed	Harsh	Confident
Inadequate	Superior	Peaceful
Unworthy	Entitled	Grateful
Codependent	Addicted	Intact boundaries
Worrier	Domineering	Intentional
Needs approval	Critical	Intuitive
People pleasing	Demanding	Purpose-led
Indecisive	Inflexible	Open-minded
Uncomfortable receiving	Inconsiderate	Gracious
Invisible	Aggressive	Curious
Underearning	Taker	Worthy
Insecure	Abrasive	Certain
Depressed	Self-righteous	Optimistic
Overwhelmed	Know-it-all	Supported
Anxious	Tough	Energetic
Over giving	Presumptuous	Generous
Scattered	Rigid	Integrated
Exhausted	Competitive	Capable

The Injured Feminine Instinct is found originally from *Women Who Run with the Wolves*. This list and quote above are from *The Audacity to be Queen*. Offered to you with love from Mindy Arbuckle.

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