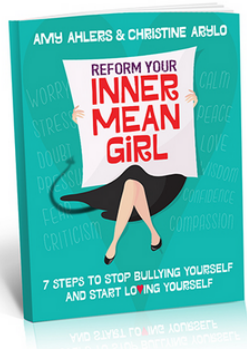


Questions / Answers for Interviews with Amy Ahlers and Christine Arylo



Authors of *Reform Your Inner Mean Girl* : *7 Steps to Stop Bullying Yourself & Start Loving Yourself*

Topics: Womens Issues, Self Esteem, Self Love, Self Compassion, Motherhood, Friendships, Female Competition, Perfectionism, Emotional Well Being

1. You say there is a silent epidemic of women beating themselves up – you refer to it as “Self Bullying”. What is self bullying and why are women so hard on themselves?
2. You’ve noticed that even successful women who seem to have lots of self esteem and success are beating themselves up and putting tremendous pressure on themselves? How can you have high self-esteem and still have all that negative self-talk?
3. What are some of the signs that a woman is suffering from self-bullying? (use six toxic habits)
4. Your approach to dealing with the negative self-talk and self-sabotage is to have women expose their *Inner Mean Girl*... what is an Inner Mean Girl?
5. In your work with women around the world, you’ve noticed 13 specific types of *Inner Mean Girls* – what are the most common types of Inner Mean Girls?
6. Do all women have Inner Mean Girls? And where do they come from?
7. Do Inner Mean Girls affect how we treat other women? Can they be mean to others, like in the movie Mean Girls?
8. So if these Inner Mean Girls are the force behind all our negative self-talk and are also the ones that drive us to sabotage our very own success and personal happiness what do we do with them? Can we kill them?
9. Do the negative voices ever stop?

10. You suggest in your new book, *Reform Your Inner Mean Girl*, that we should practice “preventative care” to deal with Inner Mean Girl Attacks – those moments when the negative self or feelings like fear, anxiety, self doubt and anger show up to sabotage us. What are some things we can do to prevent our Inner Mean Girl from being triggered?
11. What about when you are in the middle of an Inner Mean Girl Attack – when you are acting from fear, freaking out, or can’t help do the opposite of what’s good for you? What do you do then?
12. Say more about creating a relationship with your Inner Wisdom. You say a woman can’t truly be happy or successful without one, but that few of us have really developed a strong relationship and trust with this part of ourselves?
13. How do you tell the difference between the voice of your Inner Mean Girl and the voice of your Inner Wisdom?
14. Lastly, as part of this process you take women through, you ask them to give up motivating themselves by criticism and choose to motivate themselves and make choices only with self-compassion – won’t that make us lazy and ineffective? Unable to get as much done?
15. You run a school for women called Inner Mean Girl Reform School that provides virtual courses, retreats, coaching and weekend workshops for people, and over 30,000 women have participated. How can women find out more about this should they want to reform their Inner Mean Girl or create a stronger sense of self-trust in her Inner Wisdom?
16. Do men have Inner Mean Dudes?

For Mom Focused

1. What can a mother do to help her children with their inner mean girls?
2. You call the negative self-talk of our Inner Mean Girls Big Fat Lies – what are some of the most common Big Fat Lies mothers tell themselves?
3. How can a mom deal with the guilt and Big Fat Lie that says they aren't doing enough or doing good enough for her kids?

For Entrepreneur Focused

1. What are some of the ways that our Inner Mean Girls sabotage our success?

2. How do you know the difference between if you are driving yourself too hard, over-working and over-stressing, or if it's just what's needed because you are running your own business?
3. You call the negative self-talk of our Inner Mean Girls Big Fat Lies – what we tell ourselves that makes us sabotage ourselves no matter how successful we are on the outside. What are some of the most common Big Fat Lies entrepreneurs tell themselves?
4. What are some simple ways we can deal with the pressure and stress of running our own businesses?

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