The 13 Inner Mean Girl™ Archetypes

From Reform Your Inner Mean Girl book & transformational inner-critic methods for women and girls by Christine Arylo and Amy Ahlers. Visit www.ReformYourInnerMeanGirl.com

Note: Included below are short descriptions + one de-activator tool + page number in the Reform Your Inner Mean Girl book

1. Achievement Junkie

Meet the pushy relentless force who drives you hard to get to a goal you will never reach because the finish line just keeps moving. Her job is to keep you addicted to *pursuing* goals, by fooling you into believing that there is a magical destination that will indicate you have finally arrived, where you can rest, stop working so hard and be enough. Her Big Fat Lies include: "When you get the job/relationship/accolade/title/money, then you'll be happy," "There isn't time to celebrate or rest," and "You are not moving fast enough." She makes you exhaust yourself, and robs you of receiving the success and happiness of all your hard work.

Deactivator Tool: Acknowledge yourself*. Stop, drop & celebrate by naming three things you have accomplished already today or this year...no matter how small! (See pg 10)*

2. Comparison Queen

Meet your inner judge who assesses the success of your life by comparing you to other people or to where you she thinks you should be, or used to be – which in her eyes is never enough. Her favorite Big Fat Lies include: "You should be further along," "So-and-so is way better than you or is so much farther ahead!," "You just aren't as pretty/young/thin/desirable as you used to be." She makes you feel like an inadequate failure, or like you are falling behind and not measuring up.

Deactivator Tool: Transform comparison into inspiration. *Ask yourself, "What about this person inspires me?" And then tell that person they inspired you. Let their self-expression inspire you into inspired action for yourself. (See pg 12)*

3. Doing Addict

Meet your inner Energizer bunny gone mad, your inner taskmaster and slave driver who makes sure you are always busy doing something. She made it her job to make sure you don't rest, relax, or play until your work is done or the to-do list is checked off (which it never is). Her Big Fat Lies include: "You are a slacker. Stop being lazy!," "You can't play or rest until all your work is done," and "You have so much to do!" She makes your mind run constantly with all the to do's, making you stressed out, frenzied, always reacting to the outside world's demands.

Deactivator Tool: Take a daily pause. *Set a soothing alarm on your phone to stop once per day this week. When the sound goes off, pause, put your hand on your heart and take 3 deep breaths. Ahh rest feels good. (See pg 14)*

4. Drama Queen

Meet the turmoil creator who thrives on chaos and loves to keep your life in a state of drama, which she views as excitement. Her job is to keep you from having to deal with your true emotions by whipping up all consuming drama in your life or feeding off gossip and other people's drama. She tells you Big Fat Lies that normalize your daily state of drama and bad habits like gossip. She makes you use all your energy on the drama happening so that you don't focus on what's really going on for you.

De-Activator Tool: Turn your focus inside and get truthful. *Have a self honesty moment and ask yourself, "What am I avoiding feeling or dealing with - inside of myself and my life?"*

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5. Fixer and Rescuer

Meet the inner helper who loves to focus on what is wrong with everyone else and then gets you to spend all your energy and time helping others. She convinces you that what you are doing is the right thing, the noble thing, the only choice you could make. It's your duty to help. Right?! Her Big Fat Lies include: "They need you," and "You are the only one that can help." She makes you sacrifice yourself in the name of helping others.

Deactivator Tool: Practice a radical act of self-care. *Ask yourself, "What do I need today?" and do that, just for you! (See pg 18)*

6. Good Girl

Meet your inner people pleaser who is desperately afraid that no one will like her or love her if she doesn't do what people expect of her or if she doesn't give to others before she takes care of herself. Her job is to make sure you stay in line with these rules of how a good girl behaves, so everything will be okay. Her Big Fat Lies include**:** "If you say no, people won't like you," "You have to take care of your kids/parents/friends before you take care of yourself, or people will think you are selfish," and "You can't say that out loud!" She makes you give more time, money and energy than you have to give, and she stifles your true feelings and emotions.

Deactivator Tool: Say "NO!". *Respond "No, thank you" or "No, I can't" to at least one request today and notice how the world didn't fall apart! (See pg 20)*

7. Head Tripper

Meet the rational, practical skeptic, whose job it is to discount your intuition and anything that feels too "touchy-feely" or "woo-woo." She prides herself on your ability to not cry, to be unshakable, and to keep your emotions under wraps. She holds you back with Big Fat Lies like: "Be realistic, that will never work," and "Don't be so emotional." She makes you feel weak for having emotions and she makes you give up on your dreams because they aren't "realistic."

Deactivator Tool: Get out of your head & tune into your body. *Put your hand on your heart, close your eyes, take three deep breaths and notice how your body feels. Say out loud, "My body feels… My body is telling me …" (See pg 22)*

8. Invincible Superwoman

Meet the female version of Atlas, who puts the weight of the world on your shoulders and doesn't let you set it down, no matter how heavy it gets—because she thinks you should be able to handle it. Her job is to keep you feeling and looking strong, never showing any weakness. She tells you Big Fat Lies like**:** "You can handle this, just keep pushing through." "There is no one who can support you," and "Never let them see you sweat." She makes you do everything on you own, and take on way more responsibility than is yours to take on.

Deactivator Tool: Delegate with joy. *Give at least one task to someone else, release control and celebrate the space you just created for yourself! (See pg 24)*

9. Martyr

Meet your inner spiritual guru, starving artist or super activist who has made it her job to use your spirituality, creativity, or social mission to pretend you don't need things on the physical plane – including money, recognition and success. She makes you feel better about your life with Big Fat Lies like: "I am a spiritual person, so that doesn't matter to me," or "I am an artist so I have to suffer for my art" or "My mission is more important than my needs." She keeps you suffering for your cause, your art, or your spiritual pursuit, as a way to prove you worthy or better than others.

Deactivator Tool: Collect evidence of wealthy people doing good*. Do a search for people in your field (art, cause, social movement, spiritual community) that have both abundance and creativity and use them to inspire you and your mission. (See pg 26)*

10. Overly Optimistic, Partying Cheerleader

Meet the life of the party, the one with a smile always on her face, the one who tells you that everything will work out for you, even if you are about to dive headfirst into a self-sabotaging choice. Her job is to make you feel good and happy in the moment, consequences be damned – it's all about instant gratification. She uses Big Fat Lies like: "Just put it on the credit card. You can pay it off later," "You deserve this. You've been working so hard!," or "You can deal with that tomorrow," cajoling you into make choices you later regret.

Deactivator Tool: Feel. *Instead of trying to escape your feelings or hard truth, stop, sit down, and ask yourself, "What feeling am I trying to avoid?" Let yourself have the feeling and watch possibilities open up. (See pg 28)*

11. Perfectionist

Meet the highly critical and often harsh, picky, or sharp critical authority figure whose job is to point out everything you're doing wrong or that doesn't measure up to her perfectionist standards. Her Big Fat Lies include: "You must do it perfectly," "It's doesn't count if it's not perfect," or "It's not ready to put into the world because it's not perfect yet." She makes you procrastinate, give more energy and time to a project than is necessary, and she makes you obsess over the smallest details that don't matter.

Deactivator Tool: Instead of going for the A+ on a lower priority project (like dishes or an email to your best friend), go for the B-! *Ask yourself, "What would good enough look like?" or "What would an average person do?" and just do that. (See pg 30)*

12. Rejection Queen

Meet the one who is deathly afraid of being rejected, unloved and alone. Her job is to convince you that you are unlovable, doomed to be alone, and that people don't really want you around, and to show you just how unsafe it is to let people in (she's great at choosing unhealthy relationships for you). Her Big Fat Lies include: "You'll be single forever, "You are damaged goods," and "See, you have to protect yourself from others." She makes you feel lonely and left out, like you don't belong, and like it's just safer to be on your own.

Deactivator Tool: Collect evidence of how lovable you are. *Write an "I Love Me" list of the 5 things you most love about yourself. (See pg 32)*

13. Worrywart

Meet the professional worrier and worst-case scenario runner, who loves to fills your mind and body with all the bad things that could happen. Her job is to keep you living in a heightened state of fear and anxiety, using Big Fat Lies like: "If you aren't worrying or on alert, something bad will happen," "The other shoe is going to drop," "I could lose my job/relationship/home at any moment." She makes you feel unsafe, unsure and uncertain, making your mind make up crazy thoughts and making you over anxious, upset or scared.

Deactivator Tool: Remember the worst-case scenerio hardly ever happens. *Tell yourself that the odds are in your favor that what you worry about will rarely, if ever, come true. Focus on what you're grateful for right now & feel your Worry Wart anxiety fade. (See pg 34)*

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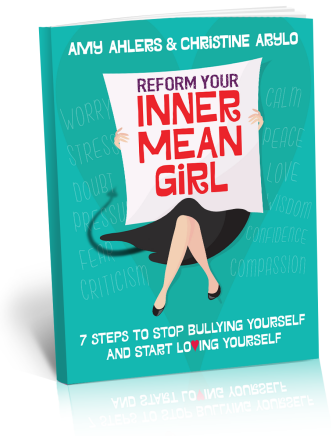

For a full expose of each archetypes including

- **Full written description**
- **Top weapons**
- **Toxic habits**
- **Big Fat Lies**

Refer to chapter 1 in the Reform Your Inner Mean Girl book: Reveal Your Type of Inner Mean Girl
www.ReformYourInnerMeanGirl.com

Here's How to Work with Your Results + Go Deeper

Inspired Next Steps

1. Read through your report and identify your top 1-3 Inner Mean Girl Archetypes.
2. Consider where they show up in your life the most currently.
3. Get curious about what motivates them and what the job they've given themselves might be.
4. Start to notice how and when they show up and drive your thoughts, emotions and actions.
5. Use the De-Activator Tools we suggest in the moments your Inner Mean Girls Flare Up
6. Tune into Your Inner Wisdom to guide you in what this is telling you about what you need to be supported
7. Go Deeper and learn more about how these two forces work within you and how you can create lasting shift in your life by getting the Reform Your Inner Mean Girl Book: www.ReformYourInnerMeanGirl.com

In the 15 years plus that we've studied and taught how these internal parts work specifically for women and girls: we've learned lots, including seeing how powerful it is when we use our creativity and compassion to gain deeper insight into ourselves. We've witnessed transformation and breakthrough in girls as young as 8 to women in their 80s on 6 continents.

We hope you'll explore this more deeply for yourself – our inner mean girls do not need to be tamed, silenced or banished, they need to be heard, cared for and calmed. There's wisdom in the self-sabotaging and self-bullying thoughts, actions and emotions for us … if we are brave enough to listen, get curious and apply self-compassion and honesty.

We are grateful to be connected. Visit us on our website (www.ReformYourInnerMeanGirl.com) to learn how to connect with us individually and also how we work with people and organizations to share this work more broadly.

Christine Arylo & Amy Ahlers

co-creators of the Reform Your Inner Mean Girl, Empower Your Inner Wisdom method

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