

# The Top 8 Reasons Southern Women Stay Small

by Tuck Self

A Southern woman is like no other woman on earth. She is remarkable, amazing, gracious, kind, playful, and loving.

She's accommodating and can become whatever you need her to be, shifting roles from moment-to-moment; charming and graceful, weak and subservient or strong and powerful, she's equipped to do it all.

So how is it that a Southern woman with these extraordinary skills frequently finds herself wondering what's next, questioning who she is and the value of her contribution to others? Why do these grand women feel so small?



## 1. KEEPS HER GIFTS A SECRET.

She's waiting for others to do what she must do for herself - celebrate her freedom and toot her own horn. She's sitting back and expecting the world to appreciate her as a woman. She's blaming them for her troubles and lack of recognition when they don't, instead of getting out there as the vibrant, powerful, masterful women she is. We rock, and we gotta boldly tell the world we rock. What the heck are we waitin' on?

## 2. PLAYS BY RULES SHE WAS GIVEN.

She's been handed a list of rules and roles all her life. Stay in your place, look pretty, be gracious, don't argue, don't show up your husband, don't look too smart, be proper, mind your manners, don't be too loud, dress appropriately, find the right man, be a good wife, let him win, don't expect any attention, make him feel good, watch after the kids, and stay home. She's sure that as an empowered woman she would be lonely, ostracized, outcast by society or worse yet, broke and destitute.

## 3. GIVES UP HER DREAMS AND SETTLES FOR WHAT SHE HAS.

She has adopted the false truth that the life of her dreams is out of her reach. She's squashed her spirit and inner passion deep down inside. Keep them there long enough and other things act out instead - eating disorders, affairs, addictions, you name it. This is called RESIGNATION!!!

## 4. BOXES HERSELF IN WITH LIMITS.

She's afraid to step outside the boundaries of what is "normal" for a southern woman. What will people think? Staying within those limits is her job, so that everyone else gets what they need and feels safe and comfortable. A woman who dares to feel good about who she is will only shake things up! Yes, she will!

## 5. IS OUT OF ALIGNMENT WITH HER POWER.

She feels guilt and shame when she lets her mind drift to questions about who she is and what she wants. She listens to negative stereotypes about other women who were brave enough to venture forth to "find themselves." A woman who is aligned with her power is tuned in to her inner spirit, to her source, to God, and lives the truth she finds there. She's living from her greatest source of strengths and passions, doing what SHE loves to do! She rocks!

## 6. CHOOSES BASED ON FEAR AND CONDITIONING.

Faced with a choice, she feels anxious, worried, confused, angry and frustrated. She's not used to choosing for herself. Her choices leave her stuck, bored, confused, scared, angry, bitter, disappointed, limited and restricted. Empowering choices celebrate life and make you feel good about who you are and what you're doing. Learning how to make powerful choices takes practice. Living a life of freedom takes practice. And for some, it'll be easier to stay stuck, confused and bored, living in her comfort zone. The pain of change ain't worth the risk and work. Or is it??

## 7. IS OUT OF TOUCH WITH HER WOMEN'S INTUITION.

As a southern woman, she was taught to hide

her power, stay small, stuff her emotions and ignore her soul - her inner guide and compass. How can she know how she feels when she was trained that her body's own wisdom can't be trusted? Intuition is how you know your deepest soul, spirit and essence. It's how the Universe dances, plays and communicates with you. Your body is your instrument for knowing. You're a tuning fork, forever tuning yourself to the rhythm and vibration of source, abundance, joy and prosperity. No one else can tell you how it talks and communicates to you. You are the only one in your body. Learn to love, trust and listen to it.

## 8. ISOLATES HERSELF FROM SOURCES OF SUPPORT.

She feels guilty and not worthy of asking for help. She feels ashamed and weak for needing it. The truth is that every woman needs and deserves a coach, guide, mentor or teacher, a confidante to tell her the truth, someone to believe in her until she can believe in herself. She also needs someone who will challenge her thinking by asking powerful, productive, provocative problem solving questions, and someone to hold her to her own standard of excellence. Coaches do this. Mentors do this. Girlfriends do this! I love my girlfriends, the ones who celebrate with me, celebrate my uniqueness, laugh with me, play with me, cry with me, and celebrate my challenges, flaws and weaknesses. Yes?!?

Staying small can seem easy when you've had a lifetime of practice. Today's woman, southern or otherwise, is here (or can) to be bold, play big and make a difference in the world. She can learn to rise up, seize her inner power, and become a bold voice for self-expression. If the Southern woman learns to throw out the rule book and decide for herself, empowerment is hers for the taking. And a Rebel Belle Yell to her!!

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Tuck Self, The Rebel Belle, is a Southern voice for bold self-expression. As a coach, writer and speaker, she inspires women to wake up, crank it up, and squeeze the juice from life with passion, purpose, and a whole lot of play! Let The Rebel Belle guide you to freedom and bold self-expression. Visit [www.RebelBelleBlog.com](http://www.RebelBelleBlog.com) for a complimentary outline of *The 7 Steps to Discovering Freedom - Full Out and On Your Terms!*

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