



Becoming Elle Woods in a “Warner” World

Or the Day I Decided to Face Confrontation:
By Danielle Gabrielli

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Every Person Has a Defining Moment that CHANGES EVERYTHING:



This Project on Facing
Confrontations Has Been My
Defining Moment

Come on, What Does Legally Blonde Have to Do with your Project Danielle?

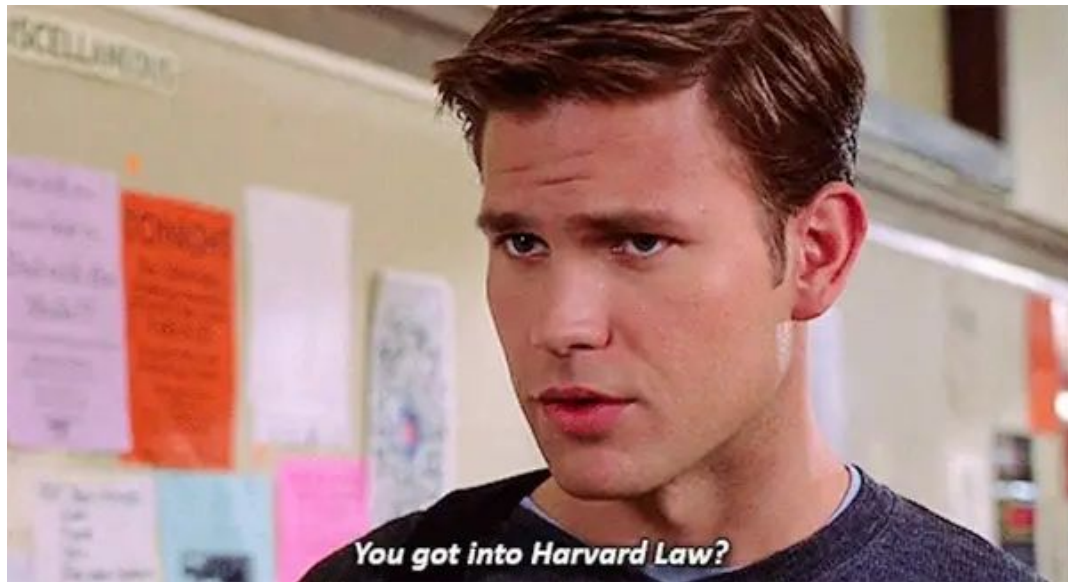
It's about a woman who:

- Reaches for something higher in her educational journey
- Others counted out, including her Warner
- Overcomes even though the odds are stacked against her
- Went on a journey to find her true self and did

In many ways although I am not blonde and ditzy, this has been my story.

And what exactly is living in a “Warner” World anyways?

It’s a world in which I lived silently until beginning this project. A “Warner” world is a world in which you have people who doubt you no matter how successful you are or have the potential to be. In modern day, we would give “Warners” the term “haters”.



My Project In a Snapshot:

I decided to tackle my lack of standing up for myself and in particular my lack of confronting situations. I decided to do this because I want to be **ASSERTIVE** and **SOLID** in my feelings and abilities as I transition over to my doctoral program and grow into academia.



What is a “confrontation”?

Confrontations are those moments in which you have something to say and are nervous to, so your choice is to either stand up or run away. It's being afraid to face up to situations in fear of upsetting others.

The Past Four Years:

- My 15 Year Marriage Experience
- Moving Forward and the Challenges
- The Riverboat In New Orleans
- Entering Graduate School
- Existing in Graduate School

I took on this project to regain my power and connect to the solid individual that I knew I could become. I took on this project to be able to face situations and confrontations.

Give Me a 5



Let's Imagine:

If you were presented with a situation in your life where you had a plan for something that was controversial and someone else offered another plan completely that seemed safer, Would you say something or would you hold it inside?

Give me a 5 if you would SAY SOMETHING!

My Answer Before my Project:
SAY NOTHING



My Answer AFTER my Project: TO SPEAK UP PROUDLY



The Approximate Methods In Which I Realized this Value:

- Meditation - 1 hour a week
- Journaling- 1 hour a week
- Assertive Training- 1 hour a week
- Check Ins- 30 minutes

THE MOST BENEFICIAL WERE CHECK INS AND JOURNALING!

IT'S NOT
WHAT YOU
LOOK AT
THAT
MATTERS,
IT'S WHAT
YOU SEE.

HENRY DAVID THOREAU



I had to come to the place
where I could stop and
simply reflect on the real me.

How I Developed Into a Reflective Practitioner by Journaling EVERY weekday...

- I was able to address the why
- Reflections allowed me to name the root causes for my fear and anxiety in terms of confrontations.
- Reflections made me realize why I was doing what I was doing.
- Daily reflections allowed me to see myself both as I was and _____ how I could be.

Discoveries in My Reflective Process about Why I Stuffed It Down:

Ages 3 to 37:
Why I Stuffed It ALL In

From the Reflective Processes I was able to Do I Found Out That:

- It's related to TRAUMA
- It's related to LOW SELF ESTEEM
- It's related to my PERFECTIONISM

What I Was AFRAID Of:

- Being retaliated against
 - Feeling Stupid
 - Failure
 - Not demonstrating my value
-

I had to come to a point where I could stand up and prove that I was VALUABLE!



Initial Phase- Work Focused

Initial Phase of the Project:



- Journaling was simple
- Assertive Trainings were WONDERFUL
- Check Ins Were a Nightmare

Overall facing the very people at work who I had not wanted to address was EXTREMELY DIFFICULT. I was nervous, stuttered, but faced the issues.

Had to pinpoint a problem co-teacher by having a personal meeting and it was VERY NERVE WRACKING.

Middle Phase- Transitioning Over

Transition Phase of the Project:

- Journaling became more impactful
- Assertive Trainings were helpful
- Check Ins decreased in severity



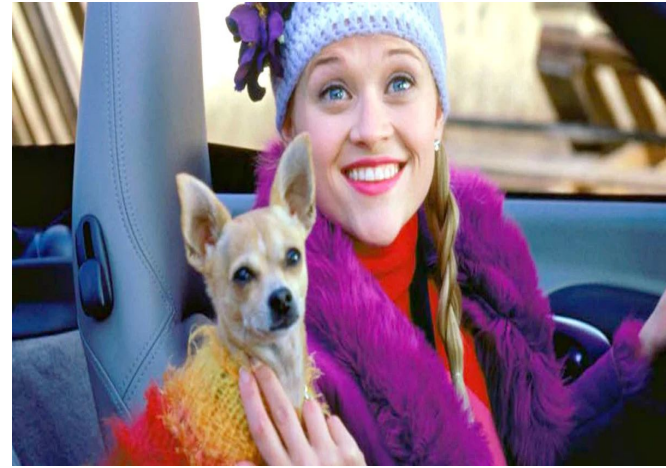
Journaling and the reflective process became deeper as the project went forth. The reflections pinpointing my exact issues for being afraid to stand up and confront situations.

Check ins were not as difficult in nature.

Ending Phase- Home Focused

Ending Phase of the Project:

- Journaling was calmer.
- Check Ins became difficult again.



Overall the project seemed to naturally draw to an end for now, it appeared as though journaling became less intensive.

Check Ins switched to people at home which was difficult as we are all in quarantine.

Cramped, closed quarters made me standing up that much more difficult.

The Moment of Impact in my Project Where I Became the Strongest, was when I began my “confrontations” through check ins.

99% of the time, people responded positively and if it was no big deal.

FINAL RESULTS:

“The more I practiced confronting things and standing up, the easier it became!”



So What Does it Mean to Become Elle Woods in a World of “Warners?”

It means that you have the self-confidence to address situations where you realize that you need to speak up. It means both finding your voice and having it heard. It means that above all else trusting yourself even though you have those “Warners” doubting you every step of the way.

My Project Changed me Stepping Up From:



SCARED



Into Becoming:



&

STRONG



You Should Try My Project Too..



I FULLY believe that when

1 person is empowered, it catches like rapid wildfire.

Therefore I am using my project to EMPOWER you to do the same with your life.

STEP UP AND FACE SITUATIONS,

FIND YOUR INNER VOICE!

WE RISE BY
lifting others



empowerment



“It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent”

— Madeleine K. Albright