



**THE
INNER BEAUTY
MAKEOVER**

A COURSE

by Beauty

WEEK 2
THE MAKEUP

THE INNER BEAUTY MAKEOVER

WEEK 2 THE MAKEUP

_____	Makeup Introduction
_____	Different Types of
_____	Makeup
_____	Makeup Application
_____	Why the Makeup
_____	Works
_____	Makeup Analysis
_____	Deconditioning
_____	Simple Makeup
_____	Homework

MAIN OBJECTIVE:

To apply the makeup by
your design.

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WEEK 2 **THE MAKEUP**

Makeup Introduction

YOU

YOUR PAST

YOUR GENERATIONAL PAST

YOUR REGRESSIVE PAST

YOUR FUTURE

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WEEK 2 THE MAKEUP



Your decisions are what
will get you there



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The Makeup

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Apologies

Only apologize for:

- 1. When you've hurt someone**
- 2. When you've made a mistake**
- 3. When you've overstepped a boundary**
- 4. When you've made a poor decision**
- 5. When you've been disrespectful**

WEEK 2 THE MAKEUP

DO NOT APOLOGIZE

1. For your new healthier decisions
2. For being different
3. For your own awareness of emotions
4. For your own awareness of desires
5. For your abilities, strengths & needs

Thoughts:

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WEEK 2 THE MAKEUP

Different Types of Makeup

SOCIAL APOLOGIES

**Making up
with others**



Thoughts:

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WEEK 2 THE MAKEUP

Different Types of Makeup

**ELEMENTAL
APOLOGIES**

**Making up
with reality**



Thoughts:

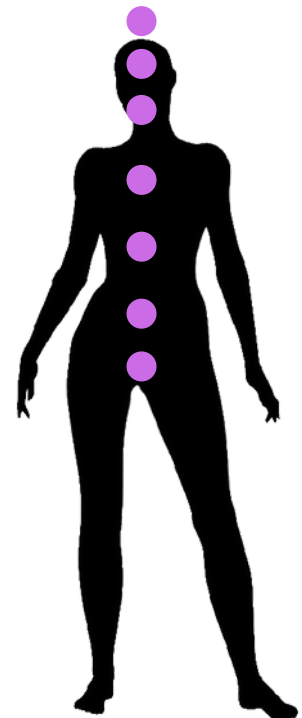
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WEEK 2 THE MAKEUP

Different Types of Makeup

VAGUE APOLOGIES

**Making up
with energy**



Thoughts:

THE INNER BEAUTY MAKEOVER

WEEK 2 THE MAKEUP

Different Types of Makeup

**PERSONAL
APOLOGIES**

IDENTITY

**Making up
with self**



Thoughts:

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WEEK 2 THE MAKEUP

Makeup Application

STEP 1:

Accepting that your apology will not be accepted.

STEP 2:

Asking for the availability of time, space, & energy.

STEP 3:

Asking for an open mind, ears, eyes, heart, and spirit.

STEP 4:

Asking for allowance of conversation.

STEP 5:

Acknowledging your wrong-doings.

STEP 6:

Offering to understand.

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Makeup Application

STEP 7:

Expression of regret.

STEP 8:

Acceptance of responsibility.

STEP 9:

A plan of progress.

STEP 10:

Repairing the relationship.

STEP 11:

**Reimbursement of inconveniences, upsets, pain,
or neglect.**

STEP 12:

**Requesting a review of efforts and suggestions
for the future.**

WEEK 2 THE MAKEUP

Why the Makeup works



**The ability to apologize
is a _____ to yourself for
yourself.**

**Applying the _____
_____ is for your
happiness, health, and
harmony...**

**...not anyone else's. You
are not _____ for
their _____ or
reactions.**

WEEK 2 THE MAKEUP

Why the Makeup works

RESULTS OF PRACTICING APOLOGIES:

Submission

Acceptance

Relief

Optimism

Amazement

Thoughts:

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WEEK 2 THE MAKEUP

Makeup Analysis

UNHEALTHY APOLOGY METHOD:

I'm sorry, but...

You should listen to me...

I know you feel...

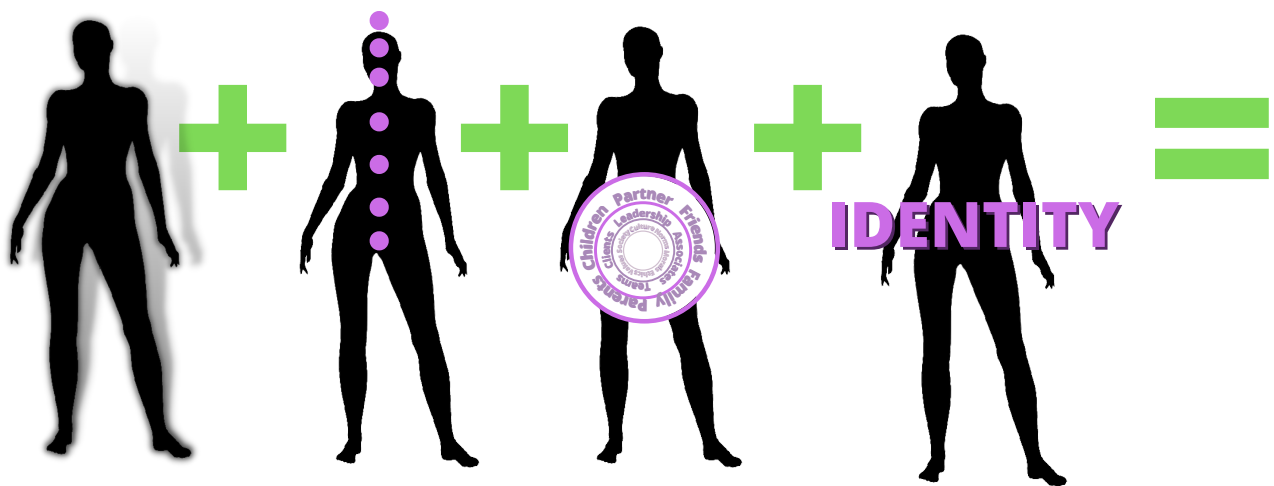
You don't understand me...

I think you should...

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Makeup Analysis



Deconditioned
thoughts about
apologizing
& forgiveness

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WEEK 2 THE MAKEUP

Makeup Analysis

**Apologizing
shouldn't be
stressful...**

TRUE or FALSE
Why?

Why?

**They should be by
design.**

**Your
Design.**

Does this idea excite
you?

YES or NO

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WEEK 2 **THE MAKEUP**

Deconditioning

DECONDITIONING:

the reform or reversal of previously conditioned behaviour.

DECONDITIONING FROM UNHEALTHY APOLOGIES

Past Examples:

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Deconditioning

SOCIAL APOLOGIES

Making up with others

"I will still be able to love and be loved, after I apologize."

BEST VEHICLES FOR APOLOGIZING:

Live: In-person Meetings

Live: Online Meetings

Live: Phone Calls

Recorded: Video / Audio

Recorded: Handwritten Letters



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WEEK 2 THE MAKEUP

Deconditioning

ELEMENTAL APOLOGIES **Making up with reality**

**"I will still be safe and sound
after I apologize."**

BEST VEHICLES FOR APOLOGIZING:

Live: Grounding near plants

Live: Grounding near water

Live: Grounding near animals

Recorded: Journaling

Recorded: Video / Audio



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WEEK 2 THE MAKEUP

Deconditioning

VAGUE APOLOGIES

Making up with energy

"I will be more aware and appreciative after I apologize."

BEST VEHICLES FOR APOLOGIZING:

Live: Grounding In Nature

Recorded: Journaling

Recorded: Guided Visualization

Recorded: Letters to my ancestors

Recorded: Letters to my past lives



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WEEK 2 **THE MAKEUP**

Deconditioning

PERSONAL APOLOGIES

Making up with self

"I can forgive myself and do better at my will or desire."

BEST VEHICLES FOR APOLOGIZING:

Live: Meditation

Live: Talking in a Mirror

Recorded: Letters to childhood

Recorded: Letters to teen years

Recorded: Letters to my best self



WEEK 2 THE MAKEUP

Simple Makeup by your design

MAKEUP BY YOUR DESIGN:

**Examples of 12 Step
Apologies, Apology Types &
Different Vehicles.**

Notes:

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WEEK 2 **THE MAKEUP**

Simple Makeup by your design

- LIVE: In-Person Meetings
- LIVE: Online Meetings
- LIVE: Phone Calls
- RECORDED: Video / Audio
- RECORDED: Handwritten Letters
- LIVE: Grounding
- RECORDED: Journaling
- RECORDED: Guided Visualization
- RECORDED: Letters to my ancestors
- RECORDED: Letters to my past lives
- LIVE: Meditation
- LIVE: Talking in a mirror
- RECORDED: Letters to childhood
- RECORDED: Letters to teen years
- RECORDED: Letters to my best self

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WEEK 2 THE MAKEUP

Simple Makeup by your design

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Step 6: _____

Step 7: _____

Step 8: _____

Step 9: _____

Step 10: _____

Step 11: _____

Step 12: _____

SOCIAL APOLOGIES

THE INNER BEAUTY MAKEOVER

WEEK 2 THE MAKEUP

Simple Makeup by your design

Step 1: _____

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Step 9: _____

Step 10: _____

Step 11: _____

Step 12: _____

ELEMENTAL APOLOGIES

THE INNER BEAUTY MAKEOVER

WEEK 2 THE MAKEUP

Simple Makeup by your design

Step 1: _____

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VAGUE APOLOGIES

THE INNER BEAUTY MAKEOVER

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Simple Makeup by your design

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Step 7: _____

Step 8: _____

Step 9: _____

Step 10: _____

Step 11: _____

Step 12: _____

PERSONAL APOLOGIES

THE INNER BEAUTY MAKEOVER

WEEK 2 THE MAKEUP

Homework

- **WEEK 2 FOREWARNING:** Consciously deciding to apply the makeup results in positive physical and behavioral outcomes.

- **WORD OF THE WEEK**
CONSOLATION: the comfort received by a person after a loss or disappointment.

- **WEEK 2 TASK:** Make the decision to believe in yourself that you can apply the makeup by your design!

- **WEEK 2 CHALLENGE:** Take a selfie without any makeup to symbolize your newfound abilities to make up your relationships with others and more importantly yourself, through healthy apologies by your design.

- **WEEK 2 "CHALLENGE":** Unapologetically schedule in a luxury treat for yourself this week. Enjoy the time to yourself, for yourself.

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WEEK 2 THE MAKEUP

Inspiration, Motivation & Exploration

MUSIC

Sorry, Not Sorry by Demi Lovato

<https://www.youtube.com/watch?v=-MsvER1dpjM>

Sorry by Halsey

<https://www.youtube.com/watch?v=tEnCoocmPQM>

Sorry Seems To Be The Hardest Word by Blue Featuring Elton John

<https://www.youtube.com/watch?v=GvbQzRAi4wM>

MOVIES

Sorry to bother you (2018) Prime Video

Minimalism (2016) Netflix

SPEECHES

The Magic of Not Giving a F*** | TedX | Sarah Knight

https://www.youtube.com/watch?v=GwRzjFQa_Og

Dear Future Generations: Sorry | Prince Era

<https://www.youtube.com/watch?v=eRLJscAlk1M>

ART

@blcksmth @angelaportrait on Instagram

BOOKS

When Sorry Isn't Enough by Gary Chapman & Jennifer Thomas

A Good Apology by Molly Howes, PHD

Girl, Stop Apologizing, by Rachel Hollis