

# *The Authority Gap*

THE PRACTICE GUIDE



## WHAT SHE KNOWS

CLEAR.  
GROUNDED.  
INTEGRATED.

## WHAT HER BODY OR NERVOUS SYSTEM ALLOWS

TENSION.  
DISTANCE.  
CONSTRAINED.

Michelle McQueen, BBA, ACC

Founder and CEO, Infinite Focus & Flow LLC

30-Year Registered Respiratory Therapist | ICF-Certified Coach

There is a moment you already know.

You are ready. You know your material. You have said it clearly a hundred times in the car, in your head, to a friend. Then the camera turns on, or the room goes quiet and every face turns toward you, and something takes over that you cannot talk yourself out of. Your throat tightens. Your thoughts scatter. The words come out smaller than the ones you practiced.

Here is what most people miss. That moment is not really about the camera. It is one place a much bigger thing shows up. You have been carrying pressure for a long time, more than you say out loud, and your body has been managing it quietly in the background of everything you do. The going quiet, the over-explaining, the saying yes when you meant no, the pushing through until something forces you to stop. Same root. Different rooms.

You have probably been told this is a confidence problem. That you need to prepare more, push harder, want it badly enough. So you take another course. You record the video and delete it. You wait until you feel ready. Ready never quite comes.

*Here is what no one told you.*

This is not a confidence problem. It is not a discipline problem. It is your body responding to pressure it has carried for years, faster than thought, in patterns you can learn to see.

This guide has one job: to help you see the pattern, name it, and recognize the exact ways it shows up in your day. Seeing it is where everything starts.

*Let's begin.*

#### WHERE THIS GOES NEXT

*This guide helps you see the pattern. The Authority Gap Blueprint is where the real work begins, the step-by-step path through the Method, so you can release what you have been carrying and lead with your full authority.*

**Available at [infinitefocusflow.com](https://infinitefocusflow.com)**

# *It Was Never About the Camera*

*You are managing pressure it has carried for a long time.*

---

By every measure that counts, she is ready. She has the credentials, the experience, the knowledge other people pay to access. She knows her material cold.

Then the camera turns on, or the microphone goes live, or the room goes quiet and all eyes move toward her, and something she cannot explain takes over. Her throat tightens. Her thoughts scatter. She hears herself talking, but the words feel borrowed and thin, like they belong to a smaller version of her.

She decides it must be confidence. So she signs up for another course. Records another video and deletes it. Waits until she feels ready. Ready never comes.

*Confidence was never the issue. And the camera was never the problem.*

Here is what is actually happening. She has been carrying pressure for years. The kind you do not talk about because you are the one everyone counts on. She carries what is hers and what is not. She says yes when she means no. She pushes through the tired, the tight chest, the quiet signals her body keeps sending, because stopping was never an option that felt safe.

That pressure does not disappear. It waits in the background and it shows up in the moments that ask the most of her. Being seen is one of those moments. So her body does what it has learned to do under pressure: it protects her. It goes quiet. It shrinks the message. It braces.

*The pressure, not the camera, is what shuts her down.*

This is not weakness. It is a body that has been carrying too much for too long, doing the only thing it knows how to do when the load gets heavier.

That gap between what she knows and what her body will let her say when the pressure is on has a name. It is the **Authority Gap**. And it is the most visible crack in something much bigger.

## PART TWO

# Four Ways It Shows Up

*The pressure does not announce itself, it shows up in habits so familiar, you stop noticing them. Read these slowly. Notice which one is yours.*

## *The words disappear*

### WHAT IT LOOKS LIKE

- You know exactly what you want to say, until the moment it matters.
- The thought is right there, then it is gone before it reaches your mouth.
- Afterward, in the car, every word comes back perfectly.

*Notice: When did this last happen to you? What was the room?*

## *You keep explaining*

### WHAT IT LOOKS LIKE

- You say the thing, then you keep going. You add context to the context.
- You circle back, restate, over-clarify, long after the point was made.
- It feels like: if they understand me completely, they can't misread me.

*Notice: Whose understanding are you trying to secure? Picture their face.*

## *You shrink it before you say it*

### WHAT IT LOOKS LIKE

- "I think," "maybe," "I'm not sure, but," slip in before the real sentence.
- You deliver it at 70 percent, because you are not sure the room can hold all of you.
- You make yourself a smaller target, on purpose, without deciding to.

*Notice: What is the one word you soften most? "I think," "maybe," "just"?*

## *You replay it for hours*

### WHAT IT LOOKS LIKE

- The meeting ends, the video posts, and your mind drags you back into it.
- You rehearse what you should have said, editing a moment that is already over.
- You cannot fully move on until you find the "safe" version. You never find it.

*Notice: What moment are you still editing in your head right now?*

YOUR FIRST TOOL

# The Pressure Audit™

*You cannot put down what you have not named. This is where you start naming it.*

---

You just found the sign your body knows best. Now do something with it. This is the first tool I use with every woman I work with, because everything else depends on it. You cannot release pressure you cannot see, and you cannot lead clearly while it is running you from underneath.

Answer these three honestly. Do not overthink them. The first answer that comes up is usually the true one.

## *1. Where is it coming from?*

Name the one situation, person, or role that raises your pressure most.

---

---

## *2. Where does it live in your body?*

Name where you feel it first. The throat. The chest. The shoulders. The stomach.

---

---

## *3. What is it costing you?*

Name one thing this pressure has made you give up, hold back, or say yes to when you meant no.

---

---

*This is the short version. The full Pressure Audit™, and what to do once you can see the pattern, is in the Blueprint.*

### PART THREE

## *Pushing Harder Makes It Worse*

*You cannot force yourself out of a pattern your body has been trying to show you for years.*

If you just answered those three questions honestly, you saw something. Now the temptation is to fix it fast. That is where most women go wrong.

Most advice tells you to override it. Push through the freeze. Feel the fear and speak anyway, louder, more often, until it stops.

For some women, some of the time, that works. But when you have been carrying real pressure for a long time, forcing it does not settle you. It drains you. You push through once. And the next time, it comes back stronger, because now your body has one more piece of proof: being seen takes everything I have just to survive it.

Here is what almost no one tells her. The tightness, the scattered thoughts, the yes that should have been a no, the exhaustion she keeps overriding. These are not malfunctions. They are signals. Her body is telling the truth about what the pressure is costing her, and it has been telling the truth for a long time.

The work that actually closes the gap does not fight those signals. It starts by listening to them.

*You are not broken. You are being signaled.*

*The body is not the problem. It has been keeping an honest record the whole time.*

Learning to read that record, and then to put down what was never yours to carry, is real work. It has an order. And that order is where everything changes.

## PART FOUR

# Settle First, Then Speak

*Telling the truth first, is how the work gets done.*

---

Most advice skips a step. It jumps straight to strategy, what to say, how to say it, how often to show up, without first settling the pressure you are carrying while you say it.

A message delivered from a braced, buzzing body comes out braced and buzzing. The words might be right. The content might be solid. But the body tells a different story: the tightness, the rushed delivery, the over-explaining, the eyes that do not quite land. People feel it, even when they cannot name it.

There is an order that works. It begins by telling the truth about what you are carrying, reading what your body is signaling, and releasing the pressure before you ever reach for the right words. Clarity and authority are not the starting point. They are what comes back once the pressure comes down.

That order is the heart of the **Authority Regulation Method™**. It has steps, and each one has its own work. This guide is not where you learn them. This guide is where you feel, just once, that the order is real.

*You do not need to perform confidence. You need to bring the pressure down first.*

### TRY THIS ONCE

Before your next hard moment, the call, the camera, the room, do one thing. Stop. Take one slow breath. Name, silently, the one thing you are carrying right now that is not yours to hold. You do not have to put it down yet. Just name it. Notice what shifts in your chest, your shoulders, your voice, when you do.

**That small pause is the doorway. The full path is in the Blueprint.**

## PART FIVE

# What It Looks Like On the Other Side

*Not someday. In real life. In ways you would recognize if you saw yourself do them.*

A woman who has done this work does not white-knuckle her way through the hard moments. She does not carry everything just because she can. She has learned to bring the pressure down first, and then move. Here is what that looks like from the outside, and from the inside:

- She feels the pressure rise, and she pauses instead of rushing.
- She says no, and does not spend the next paragraph justifying it.
- She puts down what was never hers to carry, without guilt.
- She makes the decision and moves on, instead of replaying it for three days.
- She stops before her body forces her to stop.
- She walks into the room clear, not rehearsed.

There is no tightness in her throat. No flutter in her chest. No eyes searching for the exit. She is not performing strength anymore. She is leading from something steadier and truer, and everyone in the room can feel the difference.

*The pressure is not gone from her life. She has simply stopped letting it make her decisions. She is here: steady, clear, and leading as herself.*

*You are not afraid of being seen.*

*You have been carrying pressure no one helped you put down.*

*And that can change.*

### YOUR NEXT STEP

*You can see the pattern now. The Authority Gap Blueprint is where the real work begins: the step-by-step path through the Authority Regulation Method™, so you learn to read what your body is signaling, release what you have been carrying, and lead with your full authority, on your terms.*

**Get the Blueprint at [infinitefocusflow.com](https://infinitefocusflow.com)**

BEFORE YOU GO FURTHER

# *The First Honest Look*

*You do not have to fix anything here. You only have to see it and answer honestly.*

---

*1. Which of the four did you recognize fastest? That is the one to name.*

---

---

*2. What have you been carrying that was never yours to hold? Name one thing.*

---

---

---

*3. What has this pressure already cost you? Name one specific thing you gave up or held back.*

---

---

---

*Naming it is where it starts. Putting it down is the work. The  
Blueprint is how you begin.*

# *Michelle McQueen, BBA, ACC*

Founder and CEO, Infinite Focus & Flow LLC

[infinitefocusflow.com](http://infinitefocusflow.com) | [@infinitefocusbymichelle](https://www.instagram.com/infinitefocusbymichelle)

---

## ABOUT MICHELLE MCQUEEN

Michelle McQueen is the Founder and CEO of Infinite Focus & Flow LLC, a leadership wellness and performance consulting firm. A 30-year Registered Respiratory Therapist at Henry Ford Health System, specializing in diagnostic pulmonary function testing and bronchoscopy, she brings a clinical precision to the work of human performance that few coaches can claim.

An ICF Associate Certified Coach, Michelle developed the Authority Regulation™ framework after seeing the same physical patterns in the clinic that she later recognized in her own life, and in the lives of the high-achieving women she coaches. Her work sits where the body, real presence, and identity meet.

---