

KIM LESSAGE

Medium Instructor & Author

2-HOUR INTENSIVE

Complete Student Workbook

MODULE 3 — CONFIDENCE SCRIPTS
7-DAY POST-INTENSIVE PRACTICE WORKSHEET

kimlessage.com

MODULE 3 — CONFIDENCE SCRIPTS

Your Language. Your Gift. Your Rules.

Scripts for Every Situation Where You Own Who You Are

Why Shame Attaches to Spiritual Gifts in the U.S.

In the U.S., the word paranormal was colonized by horror films and exploitative TV. In France, in many Latin cultures, and in most Indigenous traditions worldwide, spiritual sensitivity is respected. Here it got labeled as either a carnival trick or a mental illness. That's a cultural story — not a truth about you.

- The church framed gifts outside their doctrine as dangerous.
- Pop culture made 'psychic' synonymous with fraud.
- Mental health systems pathologized what they didn't understand.
- There was no mainstream language for 'I perceive more than most people.'

"The shame isn't yours. It was handed to you by a culture that had no healthy container for your gift. These scripts help you step out of that story — calmly, confidently, without needing to convince anyone."

SECTION 1 — SKEPTICAL FAMILY

When the people who know you best question what you are

Script 1A — The Dismissive Parent / Sibling

Situation: They say: "That's nonsense. You're just imagining things."

"I hear that you don't share this belief — and I'm not asking you to."

"What I'm asking for is the same respect you'd want me to give"

"something important to you. I'm not going anywhere with this."

You don't need their approval. You need your own.

If they push further → *"We can agree to disagree. I love you and this is not up for debate."*

Script 1B — The Worried Parent

Situation: They say: "I'm scared for you. This isn't normal."

"I know this is confusing from the outside, and I appreciate that you care."

"I want you to know I have support, I'm doing the work to understand this,"

"and I'm healthier for it — not less."

Lead with connection, not defense.

If they mention mental health → "I've explored that. My gift and my mental health are both things I take seriously."

Script 1C — The Holiday Table Ambush

Situation: They bring it up in front of others to embarrass you.

"That's a longer conversation than we have time for right now."

"I'm happy to talk about it another time — just you and me."

"For now — how's [pivot to something else]?"

You don't owe a performance. Exit gracefully.

SECTION 2 — PROFESSIONAL SETTINGS

Navigating the workplace without hiding who you are

Script 2A — Coworker Asks Directly

Situation: "Wait, are you seriously psychic?"

"I have strong intuitive perception — it's something I've developed over years."

"It helps me read people and situations quickly. Most people just call it good instincts."

Meet them at their level. You don't have to use the word psychic at work.

If they want more → "I'd be happy to tell you more outside of work — it's actually pretty fascinating."

Script 2B — In a Job Interview or Networking Context

Situation: Your work as a medium instructor comes up.

"I run an online education company. I teach people to understand and manage"

"a specific kind of perceptual sensitivity that most people never get proper guidance on."

"The transformation I help people achieve is real, documented, and life-changing."

Frame it as expertise and outcomes — because that's exactly what it is.

Script 2C — When Someone Tries to Undermine You Professionally

Situation: "I don't think we should take advice from someone who believes in psychics."

"I think we can both agree that results speak louder than beliefs."

"My background is unusual — my track record isn't."

Confidence is not argument. It's posture.

SECTION 3 — DATING

Because love should never require you to shrink

Script 3A — The First Mention (Early Dating)

Situation: You want to bring it up without making it weird.

"There's something I want to share with you when the time feels right —"

"I have a pretty strong gift of perception. It's a big part of who I am."

"No pressure to have a reaction right now. I just didn't want to hide it."

You set the tone. Casual, warm, no drama.

Script 3B — They React with Skepticism or Jokes

Situation: "Haha, so you already know if this is going to work out?"

"I wish it worked like that! It's more about feeling energy and reading dynamics."

"And right now the energy feels pretty good."

Humor disarms. You don't have to defend — just redirect.

If they get more serious → *"If you're genuinely curious, I love talking about it — it's fascinating stuff."*

Script 3C — They're Uncomfortable or It's a Dealbreaker

Situation: "I don't think I can date someone who believes in that stuff."

"I respect that. This is a big part of my life and my work."

"It's important to me that who I'm with can at least be curious, even if not convinced."

"If that's not a fit, that's okay — better to know now."

Self-respect over compatibility anxiety. The right person exists.

SECTION 4 — NEW FRIENDS & CASUAL SOCIAL SITUATIONS

Owning your identity without turning every conversation into a TED Talk

Script 4A — The "What Do You Do?" Question

Situation: At a party, someone asks about your work.

"I teach people how to understand and develop their intuitive gifts —"

"things like empathy that's off the charts, picking up on energy, visions."

"Most of my students have been overwhelmed by it their whole lives. I give them a framework."

Lead with the transformation. They'll get curious.

For a shorter version → *"I'm an instructor. I help people make sense of abilities they were born with but never understood."*

Script 4B — The Skeptic in the Group

Situation: *Someone starts challenging you in front of others.*

"I totally understand skepticism — I'd rather you question things than just believe me."

"What I can tell you is that the people I work with have very real, very documented experiences."

"You don't have to believe in it for it to be real for them."

You're not here to convert. You're here to be solid.

Script 4C — Someone Is Suddenly Very Interested (Boundary Needed)

Situation: *They want a reading on the spot. Right now.*

"I appreciate your openness! That's not really how I work socially —"

"I have a process and a setting for that. But I'd love to share more about the work I do."

Having a gift doesn't make you available 24/7.

"Every time you speak about your gift without apology, you normalize it for every sensitive person in the room who is still hiding."

7-DAY POST-INTENSIVE PRACTICE WORKSHEET

Your daily companion for the week after the 2-Hour Intensive

"Control becomes real in the 7 days after the session — or it fades. This worksheet keeps it real."

How to Use This Worksheet

The 7 days after your intensive are when everything you learned either becomes part of you — or fades. This worksheet is your daily anchor. It takes 10 minutes. Do it every day.

Each day has four sections:

- Section 1 — Flash Log: Document any flash that happened today: trigger, experience, intensity, fatigue. If you had no flash, write 'No flash today' and move on.
- Section 2 — Protection Practice: Did you use your protection technique? Rate your confidence. If you forgot, do it now — it takes 2 minutes.
- Section 3 — Controlled Flash Exercise: One intentional flash per day, on your terms. Note what came through and how drained (or not) you felt after.
- Section 4 — Confidence Win: One moment where you held your ground with your gift. It can be tiny. Tiny wins compound.

Day 7 also includes a weekly review — your full week at a glance.

At the end of 7 days, Kim will check in by email.

Reply with 1 (game changer), 2 (some shifts), or 3 (haven't started yet). She reads every reply personally.

"The gift doesn't wait for you to be ready. But you can learn to meet it."
— Kim Lessage

DAY 1

First Steps — The Practice Begins

SECTION 1 — FLASH LOG

Did you experience a flash today? Document it here.

What triggered it? (place, person, situation, emotion)

e.g. crowded grocery store, conversation with my sister...

What did you experience? (vision / hearing / feeling / knowing)

Describe what happened...

Intensity level:

- 1 — Mild 2 — Moderate 3 — Strong 4 — Overwhelming

How did you feel afterward?

- Drained Neutral Energized

Did you use a protection technique? Which one?

e.g. closed my field, grounded, breathed through it...

SECTION 2 — PROTECTION PRACTICE

Did you practice your protection technique today?

Technique practiced:

Name the technique from the intensive...

How did it feel? What worked, what didn't?

Rate your confidence with this technique today:

- 1 — Unsure 2 — Getting it 3 — Solid 4 — Natural
-

SECTION 3 — CONTROLLED FLASH EXERCISE

One intentional flash per day — on your terms.

Did you attempt the controlled flash exercise today?

- Yes — completed
- Attempted, partial
- Not today

What happened? What did you receive?

Describe what came through...

Fatigue level after the exercise:

- None at all
 - Very slight
 - Moderate
 - Exhausted
-

SECTION 4 — YOUR CONFIDENCE WIN TODAY

Every day without apology counts.

One moment today where you held your ground with your gift:

e.g. I mentioned my work without shrinking, I used a script, I set a boundary...

How did it feel?

"I do not hide what I am. I learn to use it."

— Kim Lessage

DAY 2

Day 2 Practice

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Day 4 Practice

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DAY 5

Day 5 Practice

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Describe what happened...

Intensity level:

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How did you feel afterward?

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DAY 6

Day 6 Practice

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DAY 7

Integration Day — Your Week in Review

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How did it feel?

SECTION 5 — WEEK IN REVIEW

Only for Day 7 — look at how far you came.

What was your biggest shift this week?

Which technique made the biggest difference?

What do you still want to master?

"If you answered 1 (Game changer) to Kim's check-in email — you might be ready for 1:1 Mastery. Reply with the word 'mastery' and Kim will send you the details personally."

"I do not hide what I am. I learn to use it."

— **Kim Lessage**