

# Crones - Difficult & Dangerous Women

*Alison Palmer PhD*

Clarissa Pinkola Estes says that Crones are “Dangerous Women”. While we’re definitely that, I believe we’re also “Difficult Women”.

Use this PDF as a way to reflect upon how YOU are a Difficult and Dangerous Woman.

Instructions:

1. Watch the video session Crones - Difficult & Dangerous Women.
2. Find a quiet place and respond to the following questions - remember, this is unique to you so there are no right or wrong responses.

**Think back through your life from your perimenopause onwards. Have you ever felt that you were being seen as “difficult” by others?**

What was the situation? How was it conveyed to you that you were “being difficult”?

**Think of a time you said “No” to a situation. How did you feel as you said that?**

**Do you ever feel invisible, overlooked or silenced? What are the contexts when you feel seen and heard?**

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**What is a Dangerous Older Wise Woman to you?** How does she embody this energy? How does she “be” in the world? How does she build relationships with others?

**What Dangerous Older Wise Woman qualities are present within you?**

**Is it okay for you to love and express yourself as a Dangerous Older Wise Woman?**

**What situations in your life right now do you want to advocate for yourself or others only you hold back for fear of “being difficult”?**

**What would you like to do about it?**