

Navigating Client Resistance

Homework Week 1

- 1) **Write a letter to Resistance from the place inside of yourself that is loving, compassionate, and understands that Resistance is normal and simply a symptom of some fear:**

Lovingly write to the Resistance and share your love and compassion for it. Share that you want to work with it. Share with it anything that comes from your heart that you want the resistance to know. And then ask the Resistance: What is one next baby step towards my goal that I can take?

- 2) **Resistance Symptoms Tracker**

Track the occurrence of resistance symptoms throughout the week

Date	
Time	
Resistance Symptom	
Why did it show up?	

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- 3) **Notice & Adjust Your Energetics when Resistance Comes Up in Your Client Containers – Respond from love and compassion and a sense of “this is normal and we can work through this”**
- 4) **Revisit how you are setting up your containers to pre-emptively address Resistance**