



Sacred Depths Certification

Resistance Archetypes

Joanna:

Hi, Mindy. Happy new year.

Mindi:

I realized I was muted. Happy new year. Sorry.

Joanna:

I didn't know if you were muted or I had the sound off. Hi, Samona. Hi, Christina. Hi, Lauren. Hi, [Jasepi 00:00:45]. Hi, Lisa. Hi, Rebecca. Hi, Cindy. Hi, Carlita. Hey, Rona. It's so good to see everybody. I really missed all of you. It's been a couple of weeks, and I so look forward to our time together. I hope that you all had a really nourishing time off as much as you have been able to. I know there's a lot going on in the world right now. And I hope that however, you've spent the last few weeks, it's been meaningful for you. And I'm just so glad to see you. So let me get my notes up. Let's take a moment as we get started to get grounded and to get fully present to our work together today.

Joanna:

So wherever you are, I invite you either close your eyes. Or if that's not comfortable to, metaphorically, close your eyes, to go inwards. And take some moments to settle in. Perhaps using the breath to come back home to your body. To come back to this moment right here. And give yourself the space to arrive right here, right now. And to bring your presence.

Joanna:

There is often no greater gift we can give ourselves than the simple act of bringing ourselves present. And from this space, I invite you to find a deeper place of kindness to yourself. As we move through our days, sometimes it can happen without us even realizing that we are not being kind or compassionate with ourselves. Give yourself the opportunity right now to be intense about that. To find inside of you, that place of self kindness, of self compassion, of self love.

Joanna:

(silence)

Joanna:

And then from this place, ask your inner wisdom what's important for you to know today. Together, I will take a nice deep breath in and exhale everything out, allowing your eyes to flutter open. And taking a moment to see at least a few other people in our space today, to really see them and honor them. So, as I was sharing, when we started, it's wonderful to be

with you all. Even though, of course, I love my time off. I have to admit some time in the middle of last week, I was starting to count down the days till we could be together, and especially for our time together today. We have some extended time together today. I'll get there in a second.

Joanna:

First, a piece of housekeeping that I'm really, really excited about. So, I've been wanting to do this for a while now, for a number of years, and it hasn't been the right time, but it finally does feel the right time to experiment with this. So I know that for some of you, your partner practice is moving along and flowing along smoothly, 100% smoothly. And then I know that for some others of you, it's been harder to get sessions in. It's been harder to schedule, et cetera. There's always some of this that happens. Life, right?

Joanna:

And so because of that, and also just to have the opportunity, if you've been wanting some practice outside of your regular partner practice, as well as if you've been needing some more partner or practice hours, we're going to experiment with a group partner practice. So we'll do one for experimentation. And if we have... I was going to say, if it works well... I know it's going to work well. I think if we have more than four or five people show up, then we'll do a couple more over the course of the next few months. So the way that it'll work, is it'll be a 75 minute session. [Inbal 00:08:56] will be there to hold the space for you. And she'll break you into groups of two. There may be a group of three in there, depending on if there's an even or odd amount of people that show up. And then you'll have the opportunity to coach your partner for about 25 minutes.

Joanna:

You'll have the opportunity to coach somebody new, maybe that you haven't coached before, et cetera, practice skills. You'll have the opportunity to break down and reflect on the afterwards, and then you'll switch partners for that. So Inbal will be doing very little, by way of facilitating. There'll be some time at the end for shares and that kind of thing, but it's really just time to drop in, get coached, and get practice, either if you're wanting or needing more hours for certification or just because you want the experience and the practice.

Joanna:

If you end up in a group of three, one person won't have the opportunity to coach. But there's a couple things about that if that happens. Number one, you'll all still get the hours. Number two, we don't have it in this group, but in cycles past, we've had a couple of partner groups of three. And in some ways those have been... The feed that I've gotten is that they've been even more powerful. There's something really beautiful and potent than happens when there's also another witness. You get to learn a different way when you're witnessing and observing. And then the reflections and the breakdowns, sometimes can prove to be even richer. So there's a lot to value to receive if you end up in a group of three. We'll send out an email about it, hopefully in the next few days. We're planning on the first session to be on February 2nd.

Joanna:

I think Inbal said 2:00 PM Eastern, but we'll send an email out about that. You don't need to RSVP. You don't need to, if you commit to one, commit to all of them. They'll be drop in. The email went out today. Great. Thanks Amy Joe. And so my hope is that for those of you that want and need this, this will just be an extra bonus opportunity for you to go deeper, for you to integrate, and also get certification hours. Any questions on that for right now? No. Okay. So we are moving into resistance archetypes today. I'm so excited about this class. I gave us... I wanted us all to reserve the full four hours.

Joanna:

Sometimes this class is closer to three hours, sometimes we take the full four hours. I like to leave a lot of time for shares and coaching. So it depends on that. So we'll see how it goes. We'll take a break about 90 minutes in, because I know four hours is a lot of time. So we'll definitely take a break. You'll have just some space for yourself and time to integrate, and then we'll come back.

Joanna:

So with the resistance archetypes, we're continuing on in our module, or I should say our bigger section, really, of giving you... Just providing more tools for your toolbox for when clients are stuck, when it feels like they're not moving forward, when it feels like you're hitting obstacles. What we're going to be looking at today, it encompasses a lot of different skills, definitely listening skills, and questioning skills, and creating awareness skills, and energetic skills. It can encompass befriend your fear, as you'll see. So we'll be using also lots of different tools from the toolbox that you already have.

Joanna:

For some of you, what we look at today will be completely new. And then for some of you, what we look at, you may have heard small pieces of this before from me, whether it's been at Art of Client Transformation or The Public Resistance workshop that I did a few months ago. Whether it's totally new to you or you've heard some of this before, keep your ears open in. If you have heard some of it before, go deeper. We're going to be getting into a lot more of the details, and the flourishes, and the little crooks around it today.

Joanna:

Okay. So let's start here. What is resistance? So I just start with what is resistance, and how does it show up? So there are lots of different ways that we could understand and define resistance. For today's class, I'm going to be using it in a very particular way as follows. The type of resistance that we're going to really be looking at today is when you're supporting your client towards their goals, and an obstacle comes up in such a way that you, as the practitioner, feel that you don't have the green light to continue to work on the obstacle. You don't feel that your client is giving you the green light to work through the obstacle.

Joanna:

This type of resistance is way sneakier than simple fear. It's when it almost feels as if the client's resistance to their desired goals, they're bringing up a reasonable reason why they can't move forward, why an obstacle can't be worked with, why they can't reach the goal. And it feels almost as if the resistance is not to the goal itself, but to the actual work with you as the practitioner. That's why it feels like you don't have the green light to work on the goal or the obstacle. Because the way that it's coming up, is it a reasonable reason or that they can't work with it? And it's almost as if it's a resistance to the work itself.

Joanna:

So obviously, you want to know how to work with this resistance. It can be really sneaky. And if you don't know how, it can literally bring the work that you with a client to a halt, if you don't address it in ways that are really helpful. It can create tension in your relationship with your client if you don't address it in ways that are really helpful. Almost all of a time, at the core of this resistance, is fear. Like we've looked at in our befriend your fear module. But when there's this kind of resistance, there's an added layer. It's like you eventually want to get to working with the fear that's at the core. But before you can work with the fear or the limiting belief, whatever it is, it's almost like there's another layer wrapped around the core of the fear and it's the resistance.

Joanna:

I'll give examples, and I think this will become more clear. But so the work that we're looking at today is loosening up this layer of re on the outside to get the green light, to then work with the fear itself. When a client has a certain type of resistance that comes up, chances are that it's not the first time that this client has experienced this kind of resistance in their life. Chances are, whether they realize it or not, they use this resistance as a defense mechanism to have to look at the fear, or face the fear, or move with it.

Joanna:

So, there are almost endless ways that this kind of resistance can manifest in a client's behavior, either toward coaching, the coaching work, or towards you. And here are some of the most common outer ways that it can manifest. And as I go through them, take note if you've either experienced this with a client, or you've experienced this yourself, either as a client or as you've worked towards a goal. Not showing up on time, can be one way that resistance shows up. I'm not talking about one time not showing up on time, but persistently not showing up on time. Canceling a session at the last minute. That might be a manifestation of this kind of resistance that we're talking about, or not showing up at all for a session was not showing up. Obviously, sometimes things happen in life, but oftentimes, just simply not showing up is there's that resistance going on. Having a bad attitude, not doing homework or action assignments that they've co-created with you.

Joanna:

Sometimes the resistance can show up as getting angry at you, the practitioner, because they're not getting the results that they want. Sometimes the resistance can show up as confusion, being really confused. Now sometimes... As with each of these, sometimes it's not resistance, sometimes there just really needs to be more clarity on steps or what it's happening. But if there has been clarity and they get stuck in confusion, there's a good chance that resistance might be hanging out. Sometimes overwhelm. Now again, sometimes overwhelm is, there's just simply too much on their plate, and you need to look at that. They can't move towards the goal at this time. So you do want to look at those pieces. But sometimes if it's just this, just giving up and overwhelmed, that can be a form of resistance. Because it's easier to do that, than to really face the fear or face the discomfort of working towards the goal.

Joanna:

Sometimes the resistance can show up as, "I don't know why. I know we set out actions, and they seem clear to me in our sessions, and then I just don't do them, or it just doesn't make sense anymore to do them." If that happens consistently, or even if it happens once there, it may be a sign of resistance. If there's a lot of woe is me, "I couldn't get it because the cat ate my homework," whatever the adult version of that is, that may be a sign of resistance.

Joanna:

Sometimes resistance can show up in a session as, "I already know that nothing new is coming through here. Everything we're looking at, I already knew before." That might be resistance. Any kind of feeling that you're getting of, "You didn't help me enough. You're not helping me enough. The plan that we created together wasn't good. You gave me bad advice." Sometimes resistance can show up as, "This is too hard for me." So those are just some, but hopefully it's stirring some thoughts and ideas for you. If you think about your current goals that you're working on, it can be business goals or life goals, what are some ways that resistance might be manifesting for you right now?

Joanna:

And I'd love for you to share in the chat. What are some ways that resistance is manifesting for you right now? Jamie's saying excuse making. Sometimes there are real reasons, and then other times there are excuses. Holly is saying procrastination. That's another biggie with resistance. Maybe just saying distraction away from the goal, getting

distracted in this, and that, and the other thing, yes. And Haul is saying allowing a disorganized schedule. Yeah, that's another great example. What else? Carlita is saying, letting negative stories or any stories stop me. Good. Ronna is saying overwhelm. Yeah. And again, sometimes the overwhelm can be very real, and then other times it can be resistance. Lauren is saying I'm so tired all the time and then lose steam on projects.

Joanna:

And you do have other life things going on right now, Lauren? So some of that tired may not be resistant. Some of that tired may be, okay, we have to honor what is here. You've got a lot on your plate, and therefore you may be tired. But I get a sense you that there's some of that, and then there's some resistance mixed in there too, which is one of the ways this can get sneaky, right? Linda's saying shiny object... Yes, shiny object syndrome. Jumping into yet another a program thinking this is the one. Yeah. Karen is saying confusion. Well, Alana is saying deal making with myself. I haven't heard that one before. So explicitly, Alana. That's great. Tess is saying leaning into comfort because not feeling I have the bandwidth for the emotional exposure. Yeah. Lisa is resisting feeling into the new year visioning process. Yeah. Some rebellion there. Yeah. Life getting lifey.

Joanna:

Jasepi is saying, losing motivation if I don't see results. And Carlita is staying waiting till I've lost 10 pounds. Yeah. These are all great examples. So when you're in resistance, how does it impact you, and how does it impact your goals? Holly's saying it creates shame, I feel shameful. How does it impact you and your goals? Tess is saying it becomes more and more familiar. Yeah. I'm glad you're putting that out there, Tess. Because I think it's important for us to note... For ourselves and as practitioners, all of these pieces, we can get so used to the resistance that we just think, this is the truth of the situation. This is just how it is. Jamie's saying I lose sight of my wholeness and completeness. Yeah. Lacking trust. Still spinning around, not getting anywhere. Yeah, self sabotaged.

Joanna:

And we'll look at that and more when we get to our self-sabotage unit. But when we're in resistance, it can then create more feelings of judgment and frustration, like Rebecca's saying. And then we get into more self-sabotage and then that's more judgment, and on the wheel, we go. Amy Joe says it creates a defensiveness. And yes, 100%. We're going to look at some of that for sure. Ronna is saying, "It can keep me in a restless and hypervigilant state." Yes. Bitterness, comparing yourself negatively to others. Yeah.

Joanna:

So, what I've found over the years is that being able to look at resistance through the lens of archetypes can be a very, very helpful tool for ourselves and for our clients. So what's an archetype? An archetype is an energy that you or your client takes on. And that energy almost creates a way of acting, or being, or experiencing a certain situation. So we can think of an archetype as an energy. Or another way to think about it is, an archetype is almost like a that your client might put on without even realizing it in response to a fear or a trigger. It's like a mask that we put on in response to a fear or a trigger.

Joanna:

Now here's an important piece about that. When we step into a resistance archetype, into the energy of it, when we put on the mask of a resistance archetype, it's not who we really are, is not who our clients actually are. It's just a way of reacting reflexively to fear. And this is important to know, because sometimes what can happen for practitioners is, we have a client. If we're not aware of this, we're like, "Oh, the client is a victim," or the client is so judgemental, or that client is so flaky. But these reactions, again, aren't who our clients are. Our clients are whole and complete. It's simply a response or a reaction to a fear, to a trigger. That makes sense? Okay.

Joanna:

So even the best practitioners out there, from time to time, are going to encounter clients who step into a resistance archetype. We cannot think that our mastery is going to have us immune from clients that step into resistance archetypes. Our mastery can mitigate it, and it can definitely help us support our clients through it, but it's still going to show up. And that is because, as we've already looked at in our befriend your fear module, when someone is in the process of growth, fear can often come up. Sometimes, again, we'll just right away, have the green light to work on the fear.

Joanna:

The client will be ready and open and willing. And then other times the fear is going to be surrounded by that resistance that we need to loosen up first. Luckily, most of the time your clients will probably be ready without the resistance to look at the fears, to befriend the fears, to work through it. But sometimes that deeper resistance is going to kick in. So here's the other piece that's important about this. There are going to be certain times that you are not going to be able to successfully walk a client past resistance.

Joanna:

Now, hopefully that's only, let's say, 1% of the time. But I don't want us to step into any myth of perfection here. There are going to be sometimes where you're not going to be able to walk a client past resistance. And that's not because you're not a good enough practitioner, or communicator, anything like that. It's simply because, every now and again, the resistance is so deep that your client isn't going to be willing or ready to look at it. That doesn't mean that you shouldn't work towards it. And again, with the tools that we're looking at, most of the time you'll be able to move through it. But again, I just want to put it out there that none of us are magi. I wish we were.

PART 1 OF 6 ENDS [00:35:04]

Joanna:

Our magicians. I wish we were, but we're not sometimes a client just isn't ready and we can't make anyone be ready. And even to take that a step further, sometimes that's not the right moment to be ready. Right so we can't make anyone be ready or be willing. They have to be willing. So let me ask you this. When was a time when you simply weren't ready or willing to move past your own resistance? Either because it wasn't the right time or just you weren't willing. When was a time when you just weren't ready or willing to move past your own resistance?

Joanna:

So [Amy-Joe 00:36:57] is sharing in the chat "When I was still in a trauma response, but wasn't aware of it." I'm so glad you're bringing that into the conversation, [Amy-Joe 00:37:07] because that is a legitimate moment for not moving past resistance. Right. And why we want to be aware of this as practitioners. Jamie's saying, "Unwilling is my pervasive pattern. I am ready. And then I judge my inaction." Yeah. You're not the only one. And so that's great segue into the next question that I want to wanted to ask, which is whatever that time is that you've identified, when you simply weren't ready or willing to move past your resistance, what were the judgements, the criticisms or the beliefs that you created because of your resistance? I'll pop that in the chat because that's a mouthful. What were the judgements, criticisms or beliefs that you created about yourself because of your resistance? (silence)

Joanna:

So Lisa saying, "Pushing to launch a coaching niche that I knew deep down, I wasn't aligned with." Yeah. And then believing that you sucked at marketing or a coward for not reaching out to people. Ron is saying, "Refusing to continue to allow myself to be supposedly supported in containers of harm." Yeah.

Joanna:

Yeah. Maybe there's something wrong with me. Right. So the reason why I bring this up, not just, this isn't just for ourselves, but this is so important when we work with clients, right. We want to do everything that we can, if a client is ready to move them through resistance. But if we try to push it when they're not ready or they're not willing. We don't want to, as Holly said earlier, to create shame, right? We don't want to have them kind of contribute to a mindset that there's something wrong with them for being in the resistance. So next question, and again, this is not for any self-judgment or self-criticism, but for self-awareness and learning, when was a time, either as a coach or a partner or a friend or a parent or anything that you tried to push someone past their resistance when they weren't willing or ready? When was a time either professionally or personally that you tried to push someone past their resistance when they weren't willing or ready. And then what were the results of that? (silence)

Joanna:

I know for myself where I... Yeah, and Holly's saying the same thing in the chat, "Although sometimes I can't laugh at it, at myself", Holly [inaudible 00:41:47] you were going to say like, "I know for myself, this happens a lot in my parenting." Yeah. Karen is saying, "It creates anger and disconnection." Right. When someone tries to push us when we're not willing, anger and disconnection can come back, that's a break in the container. All right. So let's pause here. I'd love to hear some of your voices, not just in the chat. What's coming together so far? What feels important? What are you seeing? What do you want to add to the conversation? I'd love to hear from some of you. [Nehal 00:42:46]

Nahal:

I'm excited that there's like a relief around recognizing that not everyone that we work with is going to be ready. And that there's a freedom in acknowledging that and giving that space and not feeling like our success as a coach is tied to muscling someone through something like this. It's awesome to hear. And really like what that does is seed for me, I'm so excited to hear how you, with integrity move forward from that place. Like looking forward to that.

Joanna:

Yeah. Yeah, let's talk about it now. It's such a great question. Right. So if we're working with a client and it turns out that you know what we're working on and in the way that we're working on it is just they're not ready to move past the resistance, right? Either because the fear is so strong or there's still trauma that they need to work through or it's not the right time or like, right. There's still more work to be done. So then where do we go from there? A couple of places, number one, if we sense that there's some trauma pieces and that's out of our scope of practice, sometimes working concurrently with someone that can support them with the trauma can be really just so helpful and empowering and vital.

Joanna:

Every now and again, it's like, okay, let's pause our work. You work on that and then we'll come back together on it. That might be the reality, but oftentimes more times than not whether there's trauma there or not, there's still so much work that we can still do with our client. That is so valuable. Right so number one, just the process of holding space for normalization around the resistance of supporting the client, like this is the human condition, right? We're not always ready. Like life isn't just go, go, go, do, do, do, get to the next thing. Like you are whole and complete, no matter what, and working with that and working through that and holding space for that is sometimes of much bigger value than like achieving the goal in the timeframe that you set out to achieve it. That's number one.

Joanna:

Number two, sometimes it's about, "Can we shift the goal in a way that you are ready?" You, client are ready for this, or can we shift the action steps to get to the goal? Or how can we look at this? Or what are the pieces that we can work around this to get you more ready? Right. So there are often many, many options and, you know always coach the what based on the who, but if you approach your client with that love and that respect of all is well, you are whole and

complete. What is possible here, then the right next steps are going to come from that. Is that helpful? Did I answer your question? Yeah. Great question. Who else? What are you seeing? What feels important? What do you want to add?

Karen:

Well, oh, Joanna. I feel like it goes back to something we talked about earlier, which is honoring our own inner rhythms and pace. And so I just love that. Going back to that, that sometimes it's just not our inner season.

Joanna:

Yeah, absolutely. And we'll definitely look more of that when we get to the mystery in the winter, but sometimes really, exactly as you're saying, it's not the right season. Thanks for bringing that in. [Simona 00:47:22]

Simona:

Hi Karen. Yes. Thank you for bringing that in. I wrote that. I'm not sure if this might be from what [Nehal 00:47:35] said, what Karen said, but what I'm noticing is that I heard you talk about this more than once. As you mentioned you did, talked about in a three day, before we started. And then you talked about it even just as recently as I think it was November and having gone through the whole first 2021 part of class, and then all the trades. I'm hearing it totally differently again. So it was like, I heard it in a layer and now I'm hearing it in another layer, which is for me, my over helper, my over-functioning one would have really like been drawn into like the well, but I want you to see this thing that I see. And I'm realizing now that just such a deeper trust in unfolding of all of our processes, mine, the clients.

Simona:

And I had a really interesting experience this morning. I was closing a container with a coaching trade of someone who's not in our cohort and we've been through a lot together in our trades. And it was so interesting because for her, she always brought, we brought forward a lot of her business stuff and it was very external. And the emergent from that was a ton of internal healing. And that was coming out in the recap. And for me, we worked on a lot of internal stuff and the emergent for me was something external, which is, I used to have a really uncomfortable relationship with money. And I realized today as we were recapping, when we worked on not so many internal pieces, all of a sudden I was feeling like that piece just kind of addressed itself. So the resistance was there, but we got at it in a different way for both of us. So I share that in case it's helpful, but yeah, just and the trust I think.

Joanna:

Yeah. Yeah. I got chills when you shared that and I love, it's such a great example of when we keep on coming back to the work, we can get to the deeper layers and the perspectives and that over helper part of yourself is like, part of what I'm hearing is that now you're able to, you still use that part of yourself, but use it as in a more effective way, which is the helper and not the over helper because of the trust.

Simona:

Yes. I really feel that integration. And I realize that that feeling of the undercurrents is my superpower if I use it purposefully and intentionally instead of reflexively. So yeah. Feels important. Facing our depths.

Joanna:

Okay. Let's see [Carlita's 00:50:16] saying in the chat, "I had a client in a lot of resistance last week, contradicting herself left and right. And I did my best just to normalize and hold space for it while still pointing out the contradictions and what she was saying, occupying two different parts of herself. And my sense from her written work since then is that she created her own breakthrough or insight after that because she just wasn't ready during the call itself." Yeah. Beautifully done [Carlita 00:50:46]. Right. And sometimes like the resistance isn't ready for weeks or months to move through. And then sometimes it's just not ready in that moment in the session, but it will come right, either by the end of the session or after the session or whatever it is. So continuing to hold the space to be, you know all the pieces. [Carlita 00:51:09] I see you're raising your hand. Do you want to add to that?

Speaker 1:

I'm so sorry. It's a little loud in here. Please let me know if you can't understand me. But I would like to and, this is the moment for it, but I had a moment with that client where I was wondering, "Am I doing the right thing in this moment?" I know I was doing well to normalize the resistance, but I was also hearing her speak from a part of her who wanted to release this relationship that she had been trying to end for a long time and then the part of her that was trying to go back to it.

Speaker 1:

And I was just trying to be like, "Do you hear the difference in what you're saying?" I heard you say very clearly wanted to walk away and then you didn't, and it's totally up to you if you're ready to do this or not. But I'm just pointing this out because I hear the part of you. And I'm also here to stand for your vision, for what your life can really be. But I wasn't sure if I was doing that part well, creating awareness in the midst of the resistance. So I hope we'll be getting into that.

Joanna:

Yeah, we will. And just to say for now, my sense, especially because she had a breakthrough afterwards, but even just from what you're describing [Carlita 00:52:22] is absolutely you did everything that you could do in that session and were of great service to her. You weren't pushing her to make this decision or that decision or even any decision at all. It doesn't sound like on that call, she was ready for that. What I hear that you did do in that session was create awareness, and create awareness around these two different parts of herself that were creating the tension here for her and that you held the space for her to simply be with those parts and then, and that's what and just that alone, amazing. And then that's what created the breakthrough afterwards. Now it may have been that there wasn't, you know there couldn't have, maybe there wasn't going to be a breakthrough after the session. Right. So then in the next session, you come back to it, right?

Joanna:

And maybe you go a little bit deeper into leaning into the one part and the other, maybe you have those two parts dialogue with each other, right? And then maybe a decision is made or maybe not right? But remember back to difference between breakthrough and transformation, this is, you're applying the breakthroughs consistently, or maybe then she gets a piece of homework, spend a day being just in the one part, spend another day being just in the other part, journal from the one, right? Like whatever it is, but we don't need to push it or rush it. That the pushing or the rushing, which you didn't do would either be your energetics that are a little bit off kilter. "I need for this to happen. I need it's only valuable if et cetera, et cetera." Or, and then sometimes when our energetics are off, we can run off with a clients beliefs of "I need to figure this out right now or else." Right. And then we don't hold that solid ground.

Joanna:

Anyway. I just spoke a lot. Is that helpful? Did that answer your question? Okay, good. Good. Anything else that wants to be added for now, before we continue on? These shares are wonderful and so rich. [Rebecca 00:55:01]

Speaker 2:

Hi. I had a feeling walking into today's call that this was going to be something that was huge for me. So I'm just feeling really... Yeah. I'm seeing a lot of clarity in what's showing up for me, and as someone that is working through trauma, when resistance shows up, what I really need is just for everything to slow down. Right like I think that the resistance and the trauma can get conflated for me a lot. And you know, as I'm looking at how the resistance is showing up for me and with my clients, it's like, it can appear like I'm saying stop, but what I'm really saying is slow down.

Joanna:

I love that distinction. Right. That's so valuable for yourself and also as a practitioner to be aware of. And then I think the other kind of piece on that as a practitioner is like, and it is valuable to slow down and we don't always have to go break next speed and so much can happen in a container with spaciousness and with trust in that spaciousness. Yeah. Thank

you. All right. Okay. Let's keep on going. So I generally don't like to share formulas because...Oh [Tess 00:56:47], did you have your hand up? Did I miss that?

Speaker 3:

It seems quite a simple piece, but I just wanted to share where I feel with it is that I now have almost like an energetic sense that there's like a tenderness, like a tender wound. And then the resistance archetype is almost like this protection. And so I now just have this sense of, this is the energy that I'm working with and it feels really be...I think I came into, even though I have been to one of your resistance archetype workshops before, it's like in the back of my mind and I came thinking, "Oh, we're going to learn about the archetypes and how we work with them." And I'm already like, no, this is bringing in everything, all the layers. So it's acknowledging, respecting it, seeing it. And I just feel like I'm in the right place, taking it all in from that level so.

Joanna:

I'm so glad to hear it. It's so beautifully put and that's beautiful segue into what we're going to even look at next even. So, yeah. And I'm glad that that's coming through. And again, another testament to like, even with our work, breakthrough versus transformation, we hear the content once. And sometimes we have to come back and come back. Even for myself, I learn deeper layers through my own work and from all of you and your shares with all of this. Right? So to me, that's exciting. Okay. So I don't like to give formulas because as you know, we always want to coach the what based on the who. But that being said, there is a loose formula that is really effective when resistance comes up. And so I'm going to share the general formula with you. And then as we get into each of the specific archetypes, we'll look at how to apply with each of them.

Joanna:

So the first step is energetics, right before we even say a word to our client, always who we are, how we are showing up, how we are holding the container is bar none because energy follows energy. It is very, very hard to navigate resistant effectively if our energetics aren't in place. And by the way, same when we're navigating resistance for ourselves, right? If we come at our resistance with judgment and hatred and all the things, it's going to be very hard for us to hold the space, to move through our own resistance as well.

Joanna:

So a couple, obviously there's so much to energetics. We've been looking, since day one, at energetics, but just a couple of pieces for now around this that I want to mention. The stronger that container is with your client, the more there is that track record of trust and vulnerability and level playing field, right? All of that. Then the more poised you're going to be, to be able to address when resistance comes up. So the container, so important, the level playing field so important, the mutual respect, right? It is very, very hard to work with a client's resistance if they don't feel that we respect them because as it's come up already so many times, resistance can be shameful. Part of our energetics is the practitioner, we looked at this way back, is curiosity, right? Not coming in with like, "I know all the answers here. This is what's happening. This is how it should be." Right. But curiosity, the other important piece around our energetics is our own triggers.

Joanna:

The resistance archetypes are a form of shadow. I'm not going to get too much into it today, but it's a form of shadow, which is basically when an archetypal energy is owning us because we haven't really like owned it in a way and shadows dance with each other. So what I mean by that is if your energetics aren't in place, if you are not coming to a session grounded and a client shows up with, "You're not doing a good enough job, or I'm not getting anywhere in our work" or whatever it is, if you're not grounded, it's too easy to go into the place of, "Oh my God, I really messed this up or, oh my God, I can't take this client anymore, they're..." Whatever are your reaction to your triggers are. Right so you want to always, we looked at this in energetics too, before the break, we want to really be on top of our own triggers, because if there is ever a moment where our triggers are going to come up, it's when our client is in resistance.

Joanna:

And then the other piece around energetics that we have been looking at, but just again, to continue to reinforce it, is the more that we as practitioners understand the nature of resistance, which is that it doesn't mean that anything has gone wrong or that you are wrong or that your client is wrong or that anybody is isn't totally incomplete [inaudible 01:03:33] i. Right? The more that we can just simply understand that resistance is a symptom of fear and fear often comes up in the growth process. Or that resistance as has been mentioned, is a symptom of trauma as well. Right. But the more that we can understand that and really embrace that truth, then there isn't going to be funky energy around it when it comes up.

Joanna:

And so let me pause there. Anything else that wants to be shared, we'll continue to come back to energetics today, but for now, anything else that wants to be shared about energetics or any questions about that part? Because you can have the fanciest technique in the world, but if those energetics aren't in place, it's not going to work. Okay. Okay, so then again, this not formula formula, you know the steps may not come exactly this way. Sometimes steps two and three can come together. But just for the sake of linear thinking for this moment. After you are energetic... And sometimes by the way, you may need a moment to check your energetics before you proceed too. That's okay. Right. It's more than okay.

Joanna:

So the next piece, lovingly create awareness around the resistance, lovingly create awareness around the resistance. Most of the time when a client has stepped into resistance and they're in that like vortex of energy of that archetype, or like they've put that mask on. They don't even realize that they're in that energy of it, it's in their blind spot. So our job is to lovingly create awareness, to bring it out of the client's blind spot and into the light so that the client can see it, instead of randomly being controlled by it or thinking it is just the truth.

Joanna:

So we want to lovingly create awareness. And again, I'll go through and we'll look at how to do that. After you lovingly create awareness sometimes as you lovingly create awareness... And by the way, the loving is an important part. It's not just creating awareness. But like back to energetics, lovingly create awareness around it. So important that love and that respect, like I just can't underscore it enough. So important. And you can be direct, very direct and loving too, because sometimes that awareness wants to be created in a direct way.

Joanna:

Anyway, next step, normalize the resistance. We want to let our client know that it is totally normal to have this resistance, that we've encountered this kind of resistance, right. That we've been there before that we, that it's just part of the human condition. You can still be successful and all the things, right. Again, that shame piece around resistance is so huge. And when we create awareness around the resistance, we really want to couple it with the normalizing so that the shame doesn't have to take on a life of its own so that the client doesn't feel like a weirdo or they're not meant to move forward or that there's something really wrong with them.

Joanna:

Human beings have a tendency, we have a tendency to make ourselves wrong, right. Or to judge ourselves or to not be kind to ourselves when we see that we're in resistance and so part of our job as practitioner is to hold a different kind of energy for our clients around that. All right. So after lovingly creating awareness and normalizing, oftentimes not always, but often times after we've created awareness and normalized that outer layer has already started loosening up. Right? It's like, we've named the thing. We've looked at it lovingly. We've normalized it. And so it doesn't, it's not so strong anymore. And so at that point, we have usually not always, because sometimes it's just that's where it's going to stay right, but at that point we often then have that green light to go deeper and really look at what is this resistance about? What are the beliefs that are motivating this resistance? Unpacking the origins of the archetype and then really use-

Joanna:

... of the archetype and then really using that archetypal energy, basically harnessing the shadow, which we'll look at all of this as we move forward. But so at that point, usually we have the green light to then go deeper. Always coach the what based on the who. Sometimes we're going to get into a befriend your fear process, or really looking at the archetypal energy and all of that. But other times, once we've created awareness around the resistance and normalized it, what's actually necessary or most valuable for that client in that moment is to move on to the last step of the process, which is to co-create a solution for moving forward. And again, we'll look at all of those pieces step by step.

Joanna:

So I know we don't have specific examples yet, but is that making sense so far? Right? And sometimes that last piece, the co-create a solution for moving forward is like, okay, now the client is ready to take action to move forward to all the things. Other times that step for co-create a solution for moving forward is a lot of what we've already spoken about: continuing to normalize that resistance is okay. Creating a different kind of vision or next step, right? Slowing down.

Joanna:

[Carlita 01:11:48] is ask... creating a solution. Yes. It's step four. So the energetics is really step zero. All right. Any thoughts or questions?

Joanna:

Okay. So then let's continue. I can tell for those of you that have your camera on, I can see you, and also from the shares we've had that a lot of self-reflection is already happening, but let's do just a little bit more self reflection so that you can understand, so we can really even crystallize more what I mean when I talk about the archetype being a mask or an energy.

Joanna:

So do you have a certain way of being or reacting in stressful situations or potential growth situations where it almost feels as if you're taking on an unsavory persona? It's like, you've got a stressful situation in front of you, a growth situation in front of you, and I'm using react, the word react, I keep on using the word react very purposefully, instead of respond, right? We're not responding from our higher self in those moments. Right? But it's like the jerk reaction is we take on a persona that doesn't suit us so well.

Joanna:

So I will give you an example, some of you may have heard this before from my own life, on this. I've come forward with this a lot through the years. It has gotten way better, but it's still my MO. It's still my archetype. So whenever something happens that might bring up fear for me, in my own mind, like if I'm on my own, I'm okay with it. I can handle the fear. I can see the hope. I can see the opportunity, all the things.

Joanna:

However, if my husband happens to be in the room and something comes up that brings up fear, I become the most negative person that ever was. Like, if it's a worry about our daughter or the house, or it's something going on with work, and my husband is around, then it's like, I go to the most catastrophic places. There's nothing we can do. Like, "Our daughter is going to end up in prison for the rest of her life." I am just so negative and helpless and all the things.

Joanna:

And even as it's happening, and I'm saying these things to John, the part of me, and this part of me is bigger and bigger now that I've worked with it so much over the years, but there is always a part of me that's like, "Who is this person, meaning me, that's so negative? That is not you, Joanna. This is another person that has taken over you and is just acting in this way that is not you at all." Right? That is what I mean when I say an energy... It's almost like a vortex of energy that you step in that swirls around you, and you have no control over it. Or it's like a mask that all of a sudden you think is

you. Right? And it just controls you. So how do you react when you're not in your highest self, when you're triggered or in your defenses?

Joanna:

(silence)

Joanna:

[Nehal 01:16:39] is saying, "I get justified and angry. We call it bitch o' clock." I love that. So good. Lauren is saying, "Anger, irritability. Fuck it all." Yeah, yeah. Aries. Lisa gets territorial of time and space. Right? And sometimes that can be super helpful, but then when it's in the shadow and that real resistance archetype, it's exaggerated, right? Like overly territorial in a way that it doesn't really serve or make sense. Carlita becomes super helpful and giving. Yeah, I'm glad you're bringing that one up. Mindy, "Unable to be discerning or objective." Right? And Mindy, and this is such a great example of it. You are, I know you to be someone who is so discerning and objective when you are in your grounded place and not in that triggered place. Right? So such a great example. Again, it's like we step into this vortex of energy that controls us. Holly's saying, "Controlling, blaming defensive." Yep, Amy Jo is saying, "defensive." Carlita's saying, "I can be a know it all or expert." We're going to talk about a lot of these. Yes. That's another biggie. "Needy and victimy."

Joanna:

[Simona 01:18:10] is saying, "Almost all of the above, depending on the situation and how resourced I am." Yeah. And this phrase that you're using, how resourced you are, so important for us to be aware of. We've kind of been touching on it a little bit, that I like that languaging, right? The more grounded that we are... We've looked at this in in terms of practitioner, right? The less triggered we get. We do always kind of want to have a little bit of an eye or an awareness on how resourced our client is in any given session. Have they just been through something really massive, right? They may be less resourced. Are they about to get their period? They may be a little less resourced. Everybody in general these days, just because of everything we've been through as a people. Right? I mean, a lot of times we are just a little less resourced than maybe we would have been in the past. Not always. Right? But again, it's good to be aware of these pieces.

Joanna:

Jessica becomes very analytical and, "spins out in your head." Yeah. And I can feel even from that wording, Jessica, again, it's like that vortex of energy, right? Alana's saying, "Dissociation, privately dramatic." I know the privately dramatic very well. [Rana 01:24:52] is saying, "If it's in a trauma response, total rage, judgment, destroyer, Kali." And again, all of these energies, when we are harnessing them, when we are in our grounded self, they can be very useful and good for all. Right? Like Kali energy can be amazing when it's not coming from a triggered place. Right?

Joanna:

So with shadow, there's always the healthy middle ground, but when we're in the resistance archetype, it's almost like the hyped up on amphetamines version of it. Tess can be the know it all or the director. Again, director can oftentimes be great, but not in that hyped up way. Or completely shut off. Yep. Christina's saying, "Checkout into addictions." Yeah. That's a biggie. "The 'I'll fix it for everyone' persona." These are great. Okay.

Joanna:

Let's pause here. Just the being aware of this energy that you step into, how is that helpful for you? Or how can you use this awareness to your advantage? What can you do with this awareness? I'd love to hear some voices on this one. I'll give you a moment to think about it too. But how is this awareness helpful? What can you do with it? How can you use it?

Speaker 4:

Are you saying on a personal level, Joanna?

Joanna:

Yeah.

Speaker 4:

Like in our lives?

Joanna:

Yeah.

Speaker 4:

I'll share. It's really helpful. I never saw it as this before. I kind of knew, but not consciously, that when I go into that bitch o'clock thing, what's going on is I need alone time, but I don't. I'm all in my people pleaser and I'm not taking myself away from the family. And so I'm as awful as possible, and then maybe they'll kick me out or something. I don't know. It's not rational. So that's really great to just notice, "Oh, if I'm going into this place where I want to be so prickly people don't want to be around me, it's probably because I need to be around me."

Joanna:

Yes. Yeah. And then you can catch yourself when you're in it.

Speaker 4:

Yeah, exactly.

Joanna:

And then take action on that. Right? Like, "Hey, you know what? I need to time out." Or, "I'm going to go to a yoga class," or whatever it is. Beautiful. Great example.

Speaker 4:

Now that it's been named. Yeah, thank you.

Joanna:

Yeah. Carlita.

Carlita:

Almost always, for me, it comes down to how are other people responding to me? Are other people giving me what I think I need from them or what I want from them? It's always about, I'm becoming uncentered in myself and attaching to something about how they're responding to me. And I think it's so helpful just to notice, if I see these patterns, oh, I can just remember that and choose to recenter back in myself, do whatever I need to come back into myself. It's always about not knowing or considering that [inaudible 01:23:40].

Joanna:

I personally resonate with that, because I can go to that place too. And I love what you're saying. The more that we can be aware of this, then we can, in that moment... In the beginning, we may not catch ourselves in the moment. We may catch ourselves a half hour later. At the end of the day, we review. Right? But then the more that we apply the awareness, we can start catching ourselves in the moment. And just that, like you're saying, just then recenter. Like, "Oh, it's not about what they think about me. I'm just not feeling grounded right now. Let me come back to feeling grounded." Right? Beautiful. Lisa's saying in the chat, "I learned in a parenting course, resistance equals more resistance." Yeah. That's a great saying. And timeouts for mama are very important. Who else? I'd love to hear one or two more. What can you do with this information? How can this be helpful for you? How can you use it? Rana.

Rana:

So in my notes of what I was just writing down and what I just shared about that kind of Kali energy is that from a more grounded space I can have, this is not my term, a "care-frontational" conversation. I can reimagine. I can recreate. Ideally, I can offer empathy and compassion toward myself and others while not going back in and subjecting myself to future

harm. Of course, there's always no guarantee. I get that. And yet, still show up with fierce love and boundaries in place and release expectations, but rather create new agreements.

Joanna:

I love all of that. And the "care-frontational" is brilliant because-

Rana:

I give Lisa Nichols credit for that. That's not my term.

Joanna:

I love it though. Right? Because confrontation isn't always bad. It can be a very productive and useful tool when you're not in the resistance archetype, when it's done with care, and when you're coming from this different place. Beautiful. Thank you. Holly.

Holly:

I think being aware of it, for me, helps me detach my own emotions when I'm seeing these things with somebody else. Really going back to knowing that it's coming from a place within them, and it really has nothing to do with me.

Joanna:

Yes. A hundred percent. I'm so glad that you're bringing it in because that's important in our personal relationships. I always think about parenting when you share, Holly, because parenting is so big in my life, right? So with our children to know that, and then with our clients too, right? Every now and again, it might be about us for real. And we do have to check our filters to see, "Have I done something wrong? Is there something that needs to be corrected here?" But most of the time, when we can see, "This is not about me," it can help us move out of our trigger or our resistance archetype.

Holly:

I would like to add something that [Kiva 01:27:17] said a week or two ago that really resonated with me, is that is putting herself into a space where it, I mean, it might be about us, but it also would be how they receive that opportunity for growth. So making it like, even if we make a mistake, say we're late, that it's up to them to interpret that as a gift or not. And even our mistakes can all be gifts in the world. So in a way, if they're interpreting it negatively, that still has a lot to do with them, even if we made a mistake.

Joanna:

I love that. I love that. And as you were talking, it actually just sparked something personal for me, which is that sometimes when I'm late, I go into a place of self-judgment, and then I go into my resistance archetype. I'm judgemental of everybody else or mean or whatever, just because I've been late, and I'm feeling bad that I've been late. Right? Anyway. Wonderful. All of your shares are so just so rich.

Joanna:

I think this is a good moment for us to take a break and let all of this sink in and settle in. And then after break, we'll come back and really get into a lot of the specifics around some of the archetypes and specific ways of creating awareness and moving through each of those steps that I shared earlier. So it's about 1:30 Eastern. Let's take... I'm just thinking for a moment. Let's take 25 minutes, so you have time in case you need to eat or whatever it is, take care of yourself. And let's come back at five to 2:00 Eastern, and then we'll continue. So we'll take 25 minutes and I'll hang out for a minute or two if anybody needs anything. If not, I'll see you at 1:55 Eastern. Anyone need anything? All right, I'll see you in a little bit then.

Joanna:

Okay. I hope you all had a good break. Rebecca's asking, "I missed the last bit of the definition of an archetype, if you could please fill it in. It is an energy that you or your client takes on." Yeah. So it can be an energy that you inadvertently take on. I like to think of it almost as an energy that you almost step into, and then it controls you. It harnesses you,

versus you harnessing the energy. Rebecca, let me know if that makes sense. Yeah. Okay. All right. Anything else that came through in the break? What are you thinking about? What's on your mind? What questions do you have? What wants to be added before we look at this specifics of the archetypes? Anyone want to share? No. Okay. Rebecca.

Rebecca:

Hi. So I don't have a lot of experience with the archetypes, and I'm just curious. This energy, is it just out there in the ether or is it at all defined by our lived experience? It comes up around fear. And I'm just curious if, in your experience, if it's something that feels familiar after a while or is it unique to each person in their individual energy?

Joanna:

Yeah, those are great questions. I feel like there's a couple of questions in there. So I'll throw a couple of answers out, and then you can tell me if there's still places. So one is in terms of unique to people, a hundred percent. Even when I go now through some of the most common archetypes, that's just a sliver. There are really so many resistance archetypes, depending on a person and their learned responses, and maybe what they learned from their parents, or whatever it is. So that's one piece. But that being said, there are some more popular or common ones.

Joanna:

And then I guess the other piece, I'll say in response to what you were asking, is if we want to look at it in Jungian terms like how Carl Jung would describe an archetype, whether it's a shadow archetype or just any archetype out there is, and Jung is the first person that coined the term archetype, which is why I bring Jung up. Jung would say that all these archetypes are in the collective unconscious, right? So they're not unique to any one person, but they are actually energies. Archetype, I may not get this a hundred percent right, but I think the word, if you break it down, actually means the original type or the original model. It's almost like there are these models of energies that are just with us, in the container of the world or humanity, or however you want to think about it.

Joanna:

We look at this more deeply when I do shadow retreats, but I'll share it now, because it might be helpful the way that I like to think about it. I think about it in a visual way. So there's all of these different archetypal energies that are kind of like, they're just like in the container of our universe, right? They're kind of out there swirling. And when we are conscious and grounded and resourced, as Simona would say, we have the wherewithal to say, "You know what? I want the energy of the queen right now. Let me grab and take it, and harness it, and step into it, and use it the way I want to use it." But when we're in our triggered places, all of those energies are still swirling around, and it's almost like the victim can kind of smack us and then we get caught in the vortex of that energy. Is that helpful? Yeah. Tell me what you're getting from that that is helpful or what are other questions in there?

Rebecca:

I love thinking about it in terms of energy. That's something that just makes sense to me. I can connect easily with... For me, I think about it like the archetype of the teacher. Right? So when I teach yoga, when I sit down and teach yoga, I'm populated with an energy that I enjoy, that feels comfortable for me. Same with the judge or the lawyer as it shows up. Right? As opposed to when something arises that kind of gets me into a place where I have some fear, then I feel more permeable by these collective energies. So that's what makes sense to me. It's kind of like if something's a little bit scary, then I'm more open to outside influences, good and bad. Right? Like having some support, but also just getting populated. So that makes a lot of sense. Thank you.

Joanna:

Yeah. You're welcome. And I like that, "getting populated," by it. Good. Any other question or thoughts or anything that wants to be added? Nope. Okay.

Joanna:

All right. So then let's get into some of the specifics. And as I was just sharing with Rebecca, we'll go through looking at some of most common resistance archetypes, but this isn't an exhaustive exploration, because there's so many. There's so many different ones that can show up. And even the ways that we'll look at each of the archetypes, there's going to be variance of each, right? Because each person is unique. Each person is unique in whatever moment you happen to be with them. But it is still really valuable, I think, to look at it in the ways that we're going to look at it, because it will give you a lot out of information, but also you'll be able to then apply just kind of the perspectives that we look at. And then when a different kind of resistance comes up, that maybe we haven't spoken about, you'll already know kind of how to look for it and how to handle or navigate it. Simona.

Simona:

This might be not necessary to say for everybody else. Either this is awesome or it's just awesome for me. So thank you for witnessing me if it's just awesome for me or helpful if it's all of us. But the combination of all the things that were just said, it just hit me in waves of knowing the next and the next, but energies we can draw on or pull in, either purposefully or have them populate us, really is just slamming me. It's almost like what I had when I shared earlier, when I said, "Oh, I'm realizing that my over help or my helper qualities, like being able to feel the undercurrent, used to be reflexively challenging. And now I'm realizing my superpower because I can pull on it purposely." And I feel like all of a sudden I'm like, "Oh my God, that applies to literally the full energies of everything everywhere." It's just like, do we purposefully pull it in and call on it? Or does it take over us, either unconsciously or it populates us? And now my mind's like... [crosstalk 01:39:09].

Joanna:

Yay. Yes, I'm glad that you're bringing it up again just to underscore it because it is. For me, it's a way of life. That's how I approach my days and how I live my life, and one of the lens that I look get things through. And then it becomes even more powerful when we do get into territory like shadow, which are basically the energies that we resist. But because we resist them, they're even more prone to populate us. So there's so many different uses to the concept.

Simona:

Yes. Thank you. And, well, I want to say one tiny more thing, and then I'll pause. I know you've probably all heard me talk about the many needs, but I'm trying to figure out how this all integrates too. And I'm just... so excited. Thank you. Bye, everyone.

Joanna:

Awesome. All right. Let's continue. Oh, I brought up the wrong notes. Hold on a second here. Okay. There we go. Okay. So we are going to look at some of the archetypes. And we're going to start with my most favorite one, because it is the one that is most known to me, the victim.

Joanna:

So here are some things, just examples of what you may hear from the victim. "I went on vacation and then my best friend was visiting me, and then I decided to reorganize my apartment. And then just because of all of that, I couldn't get it all done." Now you may go on vacation and have your best friend visit, and decide to organize your apartment, and decide not to get it done. Right? But it's not like, "Oh, and I'm just helpless and I couldn't get it done."

Joanna:

Here's another example of what you might hear from the victim. "The first three people that I invited into my program, they said no. And so I'm never going to fill this program. It's just never going to happen." Or here's another example. "I'm just not the kind of person who can do that. I've never been the kind of person who can do that. My family aren't the kind of people who can get that done. My people aren't the kind of people who can get that done." Right? "I just, I can't." "I never have enough time. I just never have enough time." "It doesn't matter what I do. I just don't know the right people. I can't make the right connections, and therefore I'm never going to get the job that I want." Right?

Joanna:

So those are just some examples. For the victim, everyone and everything is against them. They can never move forward, because there is always something out of their control that's messing them up or standing in their way. The victim is powerless to the circumstances of their life, and they blame anything outside of themselves for what they're not doing or achieving. And then because of that blaming of things outside of themselves, whether it's people or the universe, or God, or luck, or whatever it is, then they always kind of have an excuse for not achieving or not taking responsibility for themselves and their actions.

Joanna:

So you can identify... Okay. Well, let me take a step back, a couple things. First thing important to say, we already know this, but I think it's important to underscore, always check your filters. Always check your filters. If you have a certain privilege that your client doesn't have and you haven't checked your filter, you may think you're seeing the victim archetype, but that's actually not true.

Joanna:

So I'll give you an example of that. Let's say I have a college degree and a master's degree. I do have a college degree and a master's degree. And I'm working with a client who doesn't have those degrees, and they're having trouble getting a job, because a lot of jobs require that. That doesn't mean I can't support my client to work to get to a great perspective and actions and all of that. But I need to check my privilege on that first and maybe address the, "I'm never going to get a job," in a different way or a little bit of a different energy, just simply because I've checked my privileges around it. Or let's say for me, it was relatively-

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Joanna:

Yeah, or let's say for me, it was relatively easy to get pregnant and to carry a baby to full term. And I have a client who's already had two miscarriages and they're like, "this is never going to happen." I can still support them, if it's appropriate, to shift out of the resistance, but I need to check my privilege first. That makes sense? Okay. That's the first thing.

Joanna:

Second piece around this that I just want to is that often, not always, I shouldn't even say often, sometimes it is easy for a practitioner to get caught up with a client like, "oh my God, and this happened and that happened and I can't." Right. So sometimes it can be easy for the practitioner to kind of get into like, "oh, poor baby." They really can't do it. And it just sucks for them. And of course we always, as we've been saying one approach with love and warmth and respect. And if there are circumstances to honor what is, but what can sometimes happen with a victim is that we actually don't respect the victim in the ways that they deserve respect and see them as whole and complete and go into that "poor baby" place.

Joanna:

Okay. So again, the victim test is saying I call it commiserating. Yeah. So the victim feels powerless to the circumstances in their life. We can identify the victim by listening for some of the following things. Number one, excessive excuses or blaming of others or universe, or God, or luck or whatever it is. No mention of next steps or problem solving when they're speaking about the circumstances. And of course, sometimes first we just need to vent like "all of this sucks", right?, that's not talking about that, but getting stuck in that, and then no mention of next steps or problem solving. We can identify the victim by listening for a sense of powerlessness, resignation, that a situation is never going to change. And sometimes resignation that a situation is never going to change can come from a place of empowerment.

Joanna:

That's not what I'm talking about. I'm talking about when it comes from a place of powerlessness, catastrophic negativity, victim might be rolling around in there. Any kind of commitment to helplessness or dis-empowerment. Good chance

client is in a victim archetype. Okay. So we want to be able to identify that first for ourselves, once we identify we've checked our filters, our privileges, all of that, very first thing, energetic, like we've been talking about love, not only love our client, but I want to invite to love your client's victim, right? Because any detection on the part of the client that you're judging their victim, or think the victim is unsavory or annoying or something, right? Any of that, they're going to pick up on that energy.

Joanna:

Also, when you bring in the love of that resistance archetype that they're in, you are less prone to be in your triggers. So energetics, everything love not only the client, but love the client's victim self. And then next piece we want to lovingly create awareness of that, that the victim is present. Now, again, I'll always coach the what, based on the food. There's so many different ways to do this. I'll give you a couple of ways to kind of stir the pot and get you thinking. So one effective way of lovingly creating awareness around a victim is to do something like this, is really about reflecting back. So is to say, it sounds like you're saying that you'll never be able to do it because you don't have enough time. Am I getting that right?

Joanna:

Sounds like you're saying you'll never be able to do it because you don't have enough time. Am I getting that right? This can be an effective way of creating awareness because by point blank reflecting what the client just said, I'll never be able to do it because I don't have enough time. The client can then hear back the extremeness of what they're saying, that I'll never be able to do it. Sorry, I forgot to turn my email off. And then that can start to shake them out of that energy vortex. They can see like, "Ugh, what am I saying there? That doesn't sound quite right." It can help them see the mask. So one way again, is to mirror back the extreme idea that their sharing or the extreme message that they're sharing and then ask if you're getting it right.

Joanna:

Here's another way that you can lovingly create awareness and say something like this, "I'm curious because what I hear you saying, doesn't match up with what I know about you." "I hear you saying that nobody is ever going to hire you, but I know you as a smart, resourceful, powerful woman that can absolutely get hired. So where is that mismatch coming from?" So this type of creating awareness, it points out the mismatch between who the client is and then how they're acting when they're in the energy or under the mask. You're reminding your client of who they really are under that archetypal mask. And then this can allow them to go deeper. You bring it out of the blind spot, which is really what the creating awareness is, right? To not be so meshed with that archetypal energy, and then to see it for what it is. Bring it out of the blind spot.

Joanna:

Here's another example with the victim. "I notice that every time you resolve to try a new X", whatever X is, "I notice that every time you resolve to try a new marketing technique", or "I notice that every time you resolve to try a new yoga pose on our next session, there's always some kind of outside force that's getting in your way. Why do you think that happens?" Right. So this strategy is lovingly creating awareness about a pattern that can happen a lot for the client around the resistance, right? And then they can explore why. Sometimes if it is the right fit for the container and for the client and where they're at, you can be even more direct in lovingly create awareness. I don't believe you need to be a victim in this situation. Holly.

Holly:

Sorry, I don't know if this is the right timing. I was just kind of going back. By the way, I really, really love the wording of outside force, because that takes away the blame. But going back just to step on loving their victim. I could use clarification on that. I'm not even sure how. Is there a mindset or is there a way to think about it? Because I don't like that part of me, I guess. So, I mean, I can think of knowing that that doesn't come from love. I don't know if there's a [crosstalk 01:55:08]

Joanna:

It's such a great question, and I'll answer, but this is part of the answer, I guess. Sounds like if you think it would be helpful doing some work to love your victim could be really helpful, not just in client situations, but also just for yourself. So when I say love, I don't mean join forces with. I don't mean take the perspective that the victim should run the show and has all the right answers and know like what the aligned decisions and actions are. But what I do mean by love the victim is not hate on it, not judge it, not see it as a liability, like there's something so wrong with it. Honor that it's there for a reason, even if it is misguiding the client, does that help?

Holly:

Yeah. That helps a lot. Thank you.

Joanna:

Yeah. You're welcome. Great question. Jessica, did you have a question or a comment?

Jessica:

No, I'm so sorry.

Joanna:

That's okay. All right. Let's pause here. Karen, did you have a question?

Karen:

I did. Yeah. So would it be helpful around the lovingly creating awareness to help them? Because it seems like from what I know about archetypes is that there's a gift in them. They do serve a purpose. And I guess that would be also [crosstalk 01:57:05]

Joanna:

A hundred percent and we'll get there. That's more like that step three of unpacking it, seeing what it's about. But first, in this step, the client isn't going to be ready to see the gift in it when they're like still in the energy of it, the lovingly creating awareness, it almost like pokes holes in the energy so that it can loosen up so that the client self can kind of emerge and see what's going on. And then once we get to that point, then yes, a hundred percent what you're talking about, then we can work with it. And like all the different ways you work with archetypes or fears or whatever it is. Great.

Amy Cho.

Amy Cho:

Hi, Joanna. I wonder if you could just repeat the last point that you made about how to address it. I missed that one.

Joanna:

The direct one?

Amy Cho:

Yeah.

Joanna:

Yeah. So again, this is similar to what we looked at in our creating awareness module, there is a time and a place for Uber direct, if the container is tight and if the client is in the right place for it. And especially if you've kind of looked at some of the victim pieces before, you can be even more direct and say something like, "I don't believe you need to be a victim in this situation." So, that could be the whole statement of the creating awareness, or you can say, "tell me if I'm getting this right, I don't believe you need to be a victim in this situation. How does that land for you?" Does that clarify it?

Amy Cho:

Yes. Thank you.

Joanna:

Great. Okay. So again, those are just some examples of creating awareness with the victim. Every situation is going to be different. I just want to kind of give some different ideas there. Sometimes this is going to come along with...sorry, I just saw something in the chat which distracted me. Kim, I'm glad that you're here now. We had a longer four hour today, so you'll be able to catch up on the recording and I'm just have happy that you're here now.

Joanna:

We also want to, when we lovingly create awareness, remember we want to normalize the resistance and so normalizing can sound like, "I completely understand why you would be feeling this way", validating them. Or "I know that this can sometimes happen when we move forward and we feel stretched", or "it makes total sense that you're feeling this way because", or "I remember the first time I tried that marketing technique, I also went to this place of X, Y, and Z", or "I feel like this is so routine. I've seen it in almost all of my clients. It's like the first time we've go to do that yoga pose, this comes up and it's just part of the process", right? So anyway that you want to normalize the situation.

Joanna:

So at that point, we've lovingly created awareness. We've normalized around the victim. Again, there's the fear in the core, but the outer layer of the resistance hopefully is loosening a bit. And so at that point, if it feels right in the situation you can move into, and you can ask permission to move into the next step, which is to explore the fear underneath the resistance or the beliefs motivating the resistance, or work with the energy or the archetype in some way. So, you can bring in a lot of different tools and techniques, some of which we've already looked at, some of which we'll continue to look at in the program, at this point, if a client is ready and willing, you can bring up a friend your fear technique in, "so why do you sense this is happening?"

Joanna:

You know, is there a fear around this school, right? And then move into befriend your fear. You can do a befriend your fear process that's not with the fear, but it's a dialog with the archetype itself, right? So for example, dialoguing with the inner victim and seeing why it's there and what the higher wisdom is? What brought it into being? What it wants you to know, right? How it's protecting, as Karen brought in, what is its gold? What is its superpower? How can we harness it, so for example, you might be saying, what? Like, "a superpower inside of the victim? That's impossible." But remember the victim is actually an archetype on steroids when it's in shadow, this is just an example, for some people, the highest elevation of the victim, and for me, I fall into this, is a skill of drama, right? Like using drama to your advantage, which I love to do in ritual and when I teach. That makes sense?

Joanna:

So this is the part of the process where we made shoes to do one of those things. And then that last step that I mentioned earlier, the co-creating solutions for moving forward. That's the last piece here. So with the victim, almost always, part co-creating solutions is going to be... Let me say it this way, most of the time, the antidote to the victim is the following message. You are an empowered being and you have ownership in your life. You are an empowered being and you have ownership in your life. That's the antidote most of the time to the victim. So when we're in this step of co-creating solutions, we want to ask questions that will support that antidote. So for example, "how can you take more ownership in this situation?"

Joanna:

Or here's another example, "If you were to feel fully empowered here, what would you be doing differently?" Or, "what else could you do here? I hear that you tried three times and it didn't work out, and it feels like there are no prospects, but what can you do differently next to achieve your goal? What if you had more power here than you think? What are some of the choices that you do have in this situation? What would be at risk for you if you were to feel fully empowered? What if the world was conspiring to support you? What would you be doing differently here?" Right. So

those are just some examples, but do you see how they're all kind of related to this antidote of "you're empowered and you get to have ownership in your life."

Joanna:

All right. Let me pause here. Thoughts or questions around the victim? What are you seeing? What's coming together about the process? What are you seeing? What's feeling important? Lauren is asking, "I'm curious if you would outright use the antidote as a mantra for the client to work with." Absolutely. If that's right for that client and in a couple weeks, or maybe next week we'll get to rewiring negative thought patterns, and so that's definitely, you can use some of the rewiring tools at that stage in the navigating the resistance process. So for sure, Lauren. Anyone else? Yeah, Lisa.

Lisa:

I find with the process that creates, there's a opportunity to create a lot of safety. I've been a victim, I'm a recovering victim. So this really hits home for me. And I've been with coaches that just won't have it. They don't want anything to do with it. And so I just didn't feel safe being with them. And I could see how much safety and how being held is so important in working through it.

Joanna:

Yeah. I'm so glad that you're bringing that forward. And particularly that concept of safety, because when we go into one of the archetypes, again, it's a reaction to a trigger and we don't feel safe and that's precisely why we've stepped into the archetype. And so, hell yang the client out of that situation isn't going to work, but creating that safety, that safer space is a much more effective way. Jamie.

Jamie:

And maybe you already sort of addressed this. Going to the re-patterning, limiting beliefs or rewiring, but as I'm looking at this, because this is my favorite archetype, even though I know what I know it still runs a lot of my show. And I can look at all of this and I can keep it really up here in where my brain knows already how to be better in the moment. So is there something right now about this whole process that you just laid out that would embody it or would work a little bit more about the emotional or the physical or is that just woven into [crosstalk 02:09:31]

Joanna:

No, it's a great question. So any of the inner dialoguing, like dialoguing with the victim, writing a letter asking what is it from your highest wisdom that you'd like for me to know, and then writing a letter to yourself based on that, writing out a dialogue between your higher self and the victim. So any of that can like help bring it to that level. And again, it's always going to be so particular to what you need or what a client needs, but sometimes holding some space for grieving, like all the victim has been through, and to feel that emotion of just like, "yes, I know there's a different way and we're moving towards a different way", but even kind of just holding that space for grief can be really helpful to work through some of the archetypal energy of it as well.

Jamie:

Yeah. I'm present right now to the slowing down quality and even the silence that might be in the space to allow that drop in when that would not be the normal or expected place to process.

Joanna:

Yeah. A hundred percent that silence, that space. And hopefully that gives like some ideas. I mean, even moving, sometimes you can do a process, it's a little hard to do for yourself, it needs to be held, but let me move into the part of the room where the victim would be right now, is the victim laying on the floor or like this, and let me get into that energy, lean in a little to that. Because we usually resist, right? Let me actually consciously harness lean in and then where is the higher energy. How can I shift some of that energy. That can help as well.

Jamie:

Thanks.

Joanna:

Yeah. Great question. Nahal.

Nahal:

Hey, thanks. With my medical background, I know that many times when people have a particular personality disorder, like in narcissistic, that it can show up as a victim really strongly. And this is a little bit activating for me because I have a parental figure in my life has this personality disorder and goes into the victim constantly. And I've just learned that I have to not... And so when a client or patient goes into this, my own triggers will come up, that I'm dealing with my narcissistic parent, which I've worked through and I will continue to work through. But as some of these comments are coming up about when someone denies the resistance or like, that's that as a pattern to me of when they just won't even engage. And I'm just wondering if you can address, I guess Holly and Lauren. And it may or may not have to do with a personality disorder and obviously that would be a referral.

Joanna:

Yeah. Let me just... Cause I wasn't keeping up with the chat. Hold on. Let me just see. So I know exactly what you're talking about. Okay, great. I'm so glad you're all bringing it forward and I'm glad you're bringing forward your comment. So there's a couple of pieces here. So sometimes if it's just persistent and denial and not willing to look at it at all, it can be something that I would consider out of my scope, because it might be some kind of personality disorder.

Joanna:

It might be some kind of deeply embedded trauma. I don't even know all of the ways, but what I often say is, when you're working with someone and you keep on getting that, not like, "okay, I see it, but I'm not ready to go there", but like the brick wall, and you get the brick wall and you get the brick wall, it's probably either out of your scope or there's nothing that can be done. You might get, "okay, I see it, but I'm not willing to go there right now." That's good. We can work with that. We can do work arounds, but then there are some places where we're just out of the scope.

Nahal:

Yeah. As you say that, I realize that what I'm afraid will come up and what's indicative of that kind of absolute out of balance for me is that as a reaction to my reflection or to holding the space, they'll go into a deep defensiveness or anger or how dare you or righteous feathers puffed, like really taking offense. And I think that might be a signal to me that would be that.

Joanna:

Yeah. And sometimes, again, like every situation, sometimes it's about how you've created the awareness. And I may not be right and am I getting this? Or is there something else? So that can help. If it's just regular defensiveness, that's not coming from a different place that's out of the scope, some of that language can really help mitigate defensiveness. And then sometimes still defensiveness may come up in those situations. And then a lot of times, again, the defensiveness or the brick wall is going to be, there's nothing you can do. It's just out of the scope or not ready. Not the right time. Holly, did that answer your question? I'm not a hundred percent sure if I answered your question, so I want to make sure.

Holly:

Yeah, I don't know. I'm just thinking of a particular client where I can just see coming back with one of those things. Okay, so we went deeper and we can see where this is coming from, but really that's the reality. She would come back and say, "but really the reality is my kids are doing this" and it's often victim to her kids.

Joanna:

Right. So, okay. Here's one idea. I'll toss this. And again, it has to be like a little bit of a tighter container. You know, there has to be trust and mutual respect in that container, but to be then a little bit more direct and to say, "I hear you, that's like such a hard situation. Your kids are doing that. I get it." And also "I want you to have some choice here. I don't want you to simply be helpless to this situation. You may not have all of the choices open to you, that sucks, but are you willing

to look at which choices are still open to you here and see if we can lean into those and make progress with those?"
What do you think about something like that?

Holly:

Yeah. I think that's exactly what I needed. Thank you.

Joanna:

Yeah. You're welcome. Yes, Ron, what you're saying, a hundred percent, which is why I'm saying that it's an archetype and something we step a part of ourselves, a mask. It's not the identity, for sure. Okay. All right, let's continue. I'm going to start to move a little bit more quickly. I always take a little bit more time on the first one, so we can kind of get into all of the pieces, but again, because there's so many archetypes and even with the archetypes themselves, they're so varied. We would be here for hours and hours and hours with all of them, or all the details of all of them. So we're going to start to move a little bit more quickly, if I can find my notes. Okay.

Joanna:

Let's talk about the judge. The judge is my second favorite archetype because I also step into the judge a lot and the judge can actually be very related to the victim. There can oftentimes be cross over between the energy of the judge and the energy of the victim. Because in the victim, you're already like blaming other things. And so then it's just easy to keep judgment on top of that as well. There are differences though. So when one is in that resistance energy of the judge, they're always judging either themselves, "I suck", "I'm not flexible enough." Right? Or they're judging other people. Other people are always doing something wrong.

Joanna:

The judge can judge the coach or the practitioner. "I couldn't do that because you didn't explain it well enough." "You're not paying enough attention to me." "You're not right." That kind of stuff. Now again, with all of this, like I mentioned earlier, check your filters. If a client is showing up and saying, "you didn't pay enough attention to my needs or you didn't explain it well."

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Joanna:

... Attention to my needs or you didn't explain it well enough... Or any of the judge. First, you want to check in on yourself with that, right? Check your filters, check your privilege. Did I have a misstep? Right? Did I have a misstep? Now the question that comes up here is, "But if I'm a person that tends to make myself wrong and the client is showing up with the judge, how can I objectively assess if I have made a misstep?" It can be tricky, but here is one of the best ways to discern. Because we're talking about energy... if we feel an unclear energy coming from the client, chances are it's the resistance archetype, and not that there's a misstep. If we feel like... Or let me put it a different way. If we feel that overly judge, like they're judging me energy... Again, sometimes it can be our own stuff, but if we can feel it, there may be a better chance that it's the resistance archetype versus the misstep.

Joanna:

And hopefully this will make sense. Have you ever received criticism that is valid? It feels differently than when someone is really in their judgment of you. Even if the criticism is valid they can still also be in the resistance archetype, when it's that over judging and that kind of... Always going for the jugular, I'm having trouble articulating, but that more at you energy versus this is what I've experienced. Mindy. Does that answer your question about the unclear? Okay, good. Okay.

Joanna:

A little bit more on that. You can only identify... As the practitioner, the only way that you're going to be able to identify if a client is in the energy of the judge, is if the playing field is level and equal. If you feel not good enough in general, if you

feel not confident enough, if you don't trust yourself, then you're more likely to mistake the energy of the judge for a legit criticism.

Joanna:

So you want to listen for excessive criticism, either of you, of themselves, of other people. That's a good sign. An energy of bitterness or of passive aggressiveness, that's another example of unclean energy, right. So if not just that there's that judge, because judgment energy can be really useful. Discerning energy or calling something out that is, that's awesome. But that's different than an energy of bitterness or passive aggressiveness.

Joanna:

You might know that the energy of the judge is present if the client is looking for a way out of goals, by making judgements. Another sign that the judge is present is a demand for perfectionism in themselves or others. So for steps first, love your client, love yourself, even love their judge, know that your client is whole and complete exactly as they are, right. That's always a step with any archetype.

Joanna:

And then here's some ways to lovingly create awareness. Again, these are just some ways to stir the pot for you. "It sounds to me like you're being really hard on yourself right now. Does that resonate for you?" Another way to lovingly create awareness, "What do you notice about your energy towards me and the conversation right now?" Different, I'm hearing that statements. And a lot of this we looked at in our creating awareness module. "So I'm hearing that you feel, I didn't notice you enough during our conversation last week. Am I getting that right? I'm hearing that you feel I'm steering you in the wrong direction. Am I getting that right?" Again, that creating awareness allows, if there is that judgment energy, it takes it out of the blind spot and it can help the client see what's going on. Right?

Joanna:

You can ask that question, "I'm hearing that you feel, I didn't notice you enough during our conversation. Am I getting that right?" They may still feel that way, but if you reflect it back to them, they can see it, their energy around it may change. And then that resistance or archetype isn't so strong.

Joanna:

Sometimes something that can puncture the judge, if that energy is judging you, the practitioner is to say, "I'm so sorry that that happened, that wasn't my intention at all." Just that statement, sometimes not always, but just that statement alone can then diffuse that kind of the energy of the archetype, and then it can open up and you can ask other questions or the client will say... They'll kind of take a step back. It's a little disarming and be like, "Okay. Wait, I know that wasn't your intention." And then they're in that more grounded place to look at what's going on.

Joanna:

Another way of lovingly creating awareness. "I notice that when I make suggestions that really stretch you, your reaction is to get judgmental. Am I getting that right? Do you know this from other places in your life?" "If we were to take judgment totally out of the picture for a moment, how would you feel about?" Right. So an example of that is like, "If we were to take your judgements around doubling your rates out of the picture for a moment, how would you feel about it?" So one of the ways that you can think about the lovingly creating awareness, I think I've probably said this a couple times already. It's puncturing some holes into that strong vortex of energy, bursting the bubble so that the pathway, that green light can happen. The opening up to look more deeply. And then of course validating, normalizing in whatever way makes sense. And then at that point, if it's useful for the client, doing a befriending your fear, doing a dialogue with the judge, same things that we looked at with the victim. But no matter what, you want to co-create next steps.

Joanna:

So again, not always, but often the antidote for the judge is love celebration and acceptance of self and others. When there is love celebration and acceptance of self and others present, it's very hard for the shadow of the judge, that judge

on steroids to be present. The two kind of can't exist in the same space together. So some things that can help with that, what would self-compassion look like here? When your critical of others, what feelings or thoughts is it distracting you from? What might you do next if you were to fully accept yourself in this situation? Sometimes doing a meditation or dialogue or a visualization into their most loving self, their most compassionate self and dialoguing, getting wisdom from that place, that can foster this love celebration, acceptance of self and others. So again, these are just some ideas. There's literally so many different situations, questions to craft, et cetera. I'm just giving you some thoughts here and kind of understanding the process. Ronna.

Rana:

Request for just a quick repeat. Could you repeat the question between... Or the one that after about when you're critical of others, what feelings is this distracting you from? I missed one of those questions you posed.

Joanna:

I don't remember what I said.

Rana:

I got the, "What would compassion look like?" I think there was a third that I missed. Or if somebody can drop it in the chat, that'd be great too. Thank you.

Joanna:

What did I say? Yeah, I'm looking at my notes. Oh, if you were to fully accept your... Thank you, Rebecca.

Rana:

Thanks Rebecca.

Joanna:

If you were to fully accept yourself, what would you be?

Rana:

Thank you.

Joanna:

Yeah. Like I said, there's so many different things, I was just in the moment that I wasn't reading from my notes. All right. Let's look at a couple more of these.

Joanna:

So we'll look at... They're each different and distinct and have different flavors, but for now let's look at the confused one, the flake. We'll look at the confused one... Yeah. The confused one, the flake and the disconnected one because they're all... They can be similar. So the confused one is... That's the energy or the part that's... It's like they're completely so smart and with it and no issues there, but when you go to do the task, the new thing that stretches you, you just get totally confused. It's like you don't understand the steps or you've forgotten why you're doing it, or it doesn't make sense. There's just total confusion.

Joanna:

The flake is the one that is normally organized. Has it all together, gets things done, shows up on time, whatever it is. But when there is something that's stretching them, or there's a fear or a trigger, they just become totally flaky. They don't show up, or they show up late, or they show up at the wrong time, or they just don't do the action at all. Or didn't realize they were supposed to do the action that they said they wanted to do, et cetera.

Joanna:

And then the disconnected one is another version of that. We can say for the purpose of this conversation, the disconnected one just disconnects, they just totally tuned out. Didn't even realize there was anything that needed to

happen. Comes to a session, just don't fill out prep form, wants to talk about something totally different in the session. They're tuned out.

Joanna:

So in each of these, the reason why they're all related is because their fear of moving forward somehow gets expressed in one way or another in retaining information that they need in order to move forward. It's almost like an ignorance is bliss, even though it doesn't feel blissful but it's almost like an ignorance is bliss kind of situation. All right. So let me ask you, what are some ways that you could lovingly create awareness for a client that's showing up as the confused one or the flake or the disconnected one? Or let's hear some voice to voice, put your creating awareness skills to use. What are some ways that you could create awareness? Hal, did you want to share?

Hal:

Sure. Giving space for other people to go first. It could be something like, "I noticed that whenever we start to create action steps around your X, Y, Z, that you start to feel pretty confused. Is it a broader pattern that you see in your life?"

Joanna:

Yeah. Beautiful, great way of lovingly creating awareness around the pattern. Good. Who else? What's another idea? Alana? Oh, sorry. Ronna.

Rana:

One thing that I have found helpful, actually for all three of these archetypes, and I've seen these in group dynamics and then one-to-one with clients, is offering the gracious interruption to just gently bring the focus back to what the topic of conversation is. And of course that helps when there's a lot of trust there. And I've also seen this received really beautifully in situations where there isn't necessarily that level of familiarity or trust from that perspective. And it also reminds me of how... And maybe you'll get to this, so maybe I'm getting ahead of myself. That's what I wanted to offer. Yeah. That the general interruption.

Joanna:

Yeah. Beautiful. Yeah. And I love that you're bringing that up because sometimes an interruption... I'm taking us all through, we're going to like really go into it, and these are each of the... All of these things. But sometimes, like what you're saying, a gentle interruption or a masterful redirect for a particular situation can be enough to puncture the archetype enough to move on, right. So as another example with the confused one, a gentle redirect. It can be okay, "So what do you know?" Right. Just bringing them... That may not work if they're deeply in the confused one, but sometimes if it's just light, we can have those pauses or those redirects, and that's enough to puncture the energy. Good. Who else? I'd love to hear one more or two. What's another way of creating awareness for one of these archetypes? Jamie.

Jamie:

Yeah. I was just thinking about the... "Out of the head, so where in your body do you know?"

Joanna:

Yeah. I love that question. And that may be, if it is that gentle redirect, we can use that upfront in the lovingly create awareness. But that's also a great question, once we've created awareness and we're getting to some of the deeper pieces to support the, "You do know. Where do you know it? Where in your body?" Good. Anyone else want to share? I feel like there's one more out there. Ronna.

Rana:

Okay. I just had another one come up, because I've had people ask me this, actually. When I can get into that confused state myself and it's what additional information or resources are needed here? And I have found that so helpful.

Joanna:

Yeah. Yeah. I love that. So again, that's not creating awareness on the archetype, but definitely super helpful question on the, "Okay let's... How do we move beyond that?" Which can be done either upfront, if you don't need to go through the whole process or can be done in the co-creating solutions section. Okay.

Joanna:

So some of the... We've already gotten into some of them, but for these archetypes, some of the many ways that you can co-create next steps or co-create actions or go deeper, "What would be scary about fully comprehending this situation? What are you scared might happen if you were to fully show up for our calls, for our sessions, for this work that you signed up for? What do you think your disorganization is covering up or distracting you from? What part of yourself could you activate here in order to be more organized?"

Joanna:

Particularly with the confused one, once you've kind of punctured that vortex of energy, one of the things that eventually can be helpful is breaking things down into smaller baby steps. Sometimes I just do this even preemptively. If I have a client that I know their MO is to go into confusion, I'll take the time when we're strategizing to really support them, to break things down and break things down and break things down, or just give them a smaller piece of what to do next. Whereas if I have a client that isn't prone to go into the confused one as a resistance archetype, we may strategize out a bigger piece before the next session. Or we just need to look at the broad strokes of what they're going to do and not break it down, break it down, break it down.

Joanna:

And I guess that's... Yeah, that just reminds me of a... This is a little kind of backdoor way with the resistance archetypes too, is if you know that a client is prone to a certain resistance archetype, use it... That's the best way to say this. Use it to your advantage sounds weird.

Joanna:

Like this example that I just gave, use it to your advantage. So for example, if I know that I have a client that tends to step into the judge a lot, and we're about to look at something that's really big for them and edgy, a bigger vision, or a new kind of action that they've never done before or whatever, I can say that I know... One example is, I might just say, "I know that there may be a lot of things to judge here or a lot of ways to poke holes into this vision. And we can look at those holes that you want to poke in it, but also let's lean into what's coming through here." So it's almost like I'm preemptively going to the place where that archetype might go to. So it doesn't have to be so strong or go there on steroids way. Does that make sense?

Joanna:

All right. Let's look at a couple more.

Joanna:

The needy one. So when someone steps into the needy one, it's usually a person who is normally completely self-sufficient, but when they feel fear or they get triggered in some way, they feel like they can't do it on their own, or they feel like they constantly need you or need something. The needy one might constantly ask for more feedback from you or more time from you, or send tons of really, really long emails with... Always asking for more. Maybe the needy one wants you to hold their hand for every little thing. It's almost like when they're presented with a stretch opportunity, the way that the fear kind of expresses itself is of being alone, and feeling like they really need more and more. Sometimes the needy one has an excessive need for validation, right. And we all have need for validation and we should be validating and celebrating our clients, but that kind of overt, on steroids when it's in the shadow, when it's in the resistance architect, like always needing. "Am I doing this right? Did I do it well?" That kind of thing.

Joanna:

So one of the antidotes for the needy one, a message. So again, like you want to go through all parts of the process, love their needy one. Create awareness around what's going on, normalize, go deeper into the archetype or the fear, all of those pieces but kind of a... One thing that I find helpful to think about the needy one is oftentimes the antidote is the message of "You are supported and self-sufficient all at once." We don't want to just go with, "Your self sufficient." Because that can poke at things, right. But this idea that both are true, you can be supported and you can be self-sufficient all at once.

Joanna:

So for that last step in terms of co-creating solutions. Something like, "I trust you to take this step on your own. What would it take for you to trust yourself here? An exploration of looking at what's the highest version of self sufficient means, including being supported. Our relationship is an opportunity for you to find the sweet spot between being supported while also standing on your own two feet. What would that look like for you in this situation?" Sorry.

Joanna:

So a great example I have of this is a client... I think I've told you all this story, I can't remember. But I have a client who's been with me for years. I have taught her so much about curriculum and facilitation and putting content together. And a piece of our work is she does a lot of retreats and I support her. She'll bounce ideas off of me and we'll look at how to create the retreats and the curriculum and all of that. And we got certain point a couple years ago, where we would have a session and we would look at, and it made sense of, "Okay, this is what she wants to accomplish in the retreat." I would support her to create, what are the steps of the curriculum? What are some exercises, et cetera.

Joanna:

But then after the session, she, and this was happening consistently, she would send me tons of emails. Like, "Okay. So then for this step, what are the exact journaling questions I should ask? And then for this step, how should I word the bridge so that they really understand blah, blah, blah, blah?" Tons of questions like that. And of course, one or two questions like that from someone that's been working with me for a while, we've looked at things like that before makes so much sense, but she would just really not trust... She had so much wisdom inside of her and so much experience and had gotten a good amount of training from me. And these questions were... It was that neediness of not trusting herself, not trusting that she was self-sufficient after all these years of leading amazing retreats that she had done to do it.

Joanna:

And so my triggered self may have... Right. So let's look at energetics first. If my energetics were not in the right place and I did have a moment of my energetics not being in the right place. The trigger is like, "Oh my God, she's draining my energy. This is so much, there's so many emails. This is so..." right. The grounded version... I quickly caught that, luckily over email. So I'm kind of like in my own container. So then the more grounded is like, "This is just a reaction to fear. She is whole and complete. There is a solution here, even loving her needy one."

Joanna:

And then the next step, lovingly creating awareness. So in our next session, I brought it up and I just really lovingly said, "You are an amazing facilitator and curriculum creator. You are just amazing. You've led dozens of successful retreats, you know so much. And it is totally a privilege for me to hold space for you to continue to go deeper with your learning of curriculum creation and with your facilitation. And you know I am always here for you and always want to help. But that being said, and I wonder if you feel this is true, lately, it has felt to me like you are not standing as much as you could be in your power and in your wisdom. And in all that you know, as you create your curriculum, you know some of the answers to the questions that you're asking me. Does this resonate for you?"

Joanna:

So do you see how, even in that creating awareness, I'm bringing forward the, "You're supported, I'm here for you. I am your champion. I will be here to answer the questions, but also you are self-sufficient and I want you to be in empowered in that way."

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Joanna:

... And I want you to be empowered in that way. For her that was enough, we didn't need to go into where does this come from or anything like that. We just moved into co-creating solutions. And one of the solutions that we had co-created was the next retreat. After we did our initial planning session, she was going to fill in all the blanks and really be mindful of which questions she asked, not from a place of she's bothering me so she can't ask the questions, but from a place of where can she own her wisdom more and her experience more. Anything that wants to be shared or spoken or anything you're seeing that's important in that example that I just gave. Karen, yes. The antidote is you are supported and self-sufficient at once.

Joanna:

I think there was a question in the chat about the antidote for the confused one, the flake, and Kim, yes. Part of it, like one of the kind of co-creating solutions is the breaking things down into smaller pieces. But one of the underlying messages that I have found helpful for the confused one, the flake, the disconnected one, like as an antidote is you can be comfortable in your discomfort. Does it make sense for that one? Because there's so much about the confused one, the flake, like they disconnect. They just don't want to be in the discomfort of it. So, this antidote messaging around like, "You are resilient, you can be uncomfortable and you're going to be okay." That can oftentimes be helpful.

Joanna:

Okay. A couple of others I'm just going to mention briefly. The know-it-all came up a lot in the chat at the beginning of the workshop today. So the know-it-all is like, "I already knew that. I'm not learning anything new." When you're facilitating groups, the know-it-all can show up as the teacher. That person in the group that isn't answering the journaling questions or really being fully present to the process that you're leading, but instead, they're just like spewing the wisdom, which is great. We want our participants to share their wisdom and contribute and be validated in it. But, it's almost like they're using the knowledge or stepping into that role of the teacher in order to avoid actually being in the work.

Joanna:

Again for each of these archetypes, there's different things that can be going on. But what I have found often, not always, but one of the things that I have found with the know-it-all or the teacher is, at the core, there's sometimes this belief of, "I'm not cherished enough. I'm not seen or heard enough. I'm not given enough credit. I'm not understood enough." And so, sometimes it can be helpful as an antidote... You might poke holes, create awareness, but just like in terms of the antidote, sometimes, "I see you, I celebrate your wisdom, your expertise," or however you're going to say that. Especially for groups, I find that really helpful if I have someone showing up as the teacher a lot, really seeing and hearing them, giving them credit for the wisdom that they're bringing forward. But then following it up with a question of, "And how does this apply to you?" So then redirecting them back in. If you give them the really being seen and heard and then redirect in, it can help.

Joanna:

Kim, the worksheet should be there... There will be a worksheet and I'm sorry, it wasn't uploaded already. It definitely will by the end of the day. I'm sorry, it wasn't there beforehand. And I'll check in on that. Two others just to mention, this next one, even though I taught about resistance archetypes for years, this one I didn't get it until three years ago and this one had done a number on me with one or two people, the spiritual one.

Joanna:

Doing that marketing just isn't spiritual enough for me. I need to keep my rates low because it is just bad energy to charge more than that. I don't want to look at the underbelly of that because that is just not spiritual. Or I just like to keep things positive. There's great use for all of these things again, when it's in its grounded, aligned energy, for sure, right? But then sometimes we can use it as defense mechanism as the resistance archetype. So usually, someone who steps into the spiritual one as a resistance archetype, there's usually some kind of fear of belief that something terrible is going to happen. If I look at anything messy or unsavory or negative, or they're just using their spirituality as a front in a way. So one possible antidote for that is all of life is made up of messy and not messy light and dark summer and winter.

Joanna:

And then another one, and again, this one comes up usually more in groups though it can come up in one-on-one, the joker. That one who, it's like instead of doing the work, instead of being in the discomfort of looking at what you're doing or taking the action or whatever it is, instead they're making jokes. All right, let me pause here. And again, there's so many different ones we could look at and they each have their own flavors, and even within that, depending on the client that you're working with, it'll have its own flavor, which is why I'm not being exhaustive on all of these. Just kind of giving different thoughts and perspectives so that you kind of understand the concepts of it. But what thoughts, ideas, questions do you have? Or what are you seeing about yourself? Linda.

Linda:

I'm curious if you see a connection for the spiritual ones, an underlying pool of anger that's there, that is kind of masked by that light and love stuff. I'm just making those connections for myself of denying like, "Well, I'm not an angry person." And yet realizing how often I'm kind of pissed off and irritated at life and things that go on. Well, let's anger. And then this other friend just kind of seeing this thing happened recently, where I saw how much rage is the only word that she hides behind. And so, I'm just curious from your experience, if you see that connection.

Joanna:

Yeah, it's super insightful. And not for everyone that steps into the spiritual, but for sure that's a piece, right? Like the kind of more negative thing that they're avoiding is anger a 100%. And again, like we're not getting too much into shadow really today, but just like you say, that's that thing that you avoid, like when you're in the spiritual one, if you're avoiding anger, well, wouldn't you know it. Those are usually the people that anger overcomes them without them realizing it and then they do something self sabotaging or to hurt them, right? Or whatever it is, because we haven't consciously leaned into that energy or that feeling and looked at it and worked with it.

Linda:

Yeah.

Joanna:

Yeah. Amy Joe.

Amy Joe:

And it goes along with what Linda was just saying. But when you were talking about the spiritual one, I've remembered something about myself as a coach. The beginning of my coaching journey was that I was determined that I was going to do the kind of coaching that you don't have to cry to have a breakthrough, that this is going to be really fun all of the time. And I really had this like, sort of a shallowness, which is why this program really resonates for me. It was like a shallowness that I was unwilling to go into the deeper, darker places of the psyche and that everything had to stay on this kind of like fun surface level. And as a business coach. And that obviously doesn't get very far, but I wonder if there's, and I definitely didn't resonate at that point in time with myself as being considered a spiritual person, I guess. And so I feel like there might be a layer in there that is like something else that... I don't know, do you have another archetype that could fit into that sort of a place?

Joanna:

I mean, just based on what you're sharing, it sounds like the fun one. Like, let's keep it fun and positive always one, right? Again, there's a time and a place for that and all, but if it's being used excessively or to deny things or as resistance, that's not great. Yeah, so with all of these archetypes, I should say like, I'm using certain names, but you can put your own names on them, you can combine them, there's so much like mix and match and so many possibilities. And I love that this conversation is spurring that for you because yes, it's like related to the spiritual one, what you're saying, but not quite. That one sounds to me more like the fun one.

Amy Joe:

Right.

Joanna:

It's always fun.

Amy Joe:

And I also noticed at that point that I was attracting that to me. Of course, as a coach, my clients coming to me were also unwilling to go to those place even when it needed to be there. And so both of us were together avoiding the inevitable need to look underneath the surface of what was really going on. So, yeah.

Joanna:

Yeah, a 100%. And I'll just get on my soap box for 15 seconds and then get off of it. But, this is like one of the shadows of the coaching industry that I know if you're here, you know of, but it's like loving and lighting our way through everything. And it's always has to be great. And it's always like fun and it's just like only positivity, only good vibes and all of that. It just does such a disservice, of course, for those of us that tend to always be on the darker things. It's also good to move towards the more fun and light sometimes too. But that's a whole other story.

Amy Joe:

Can I just add one more thing? I forgot to mention is that now here I am all these years later and I'm realizing that my greatest gift as a coach is actually going to the place that I was avoiding in the beginning. And so, it's been like this really interesting sort of cosmic haha turnaround for me over the years as I've deepened into my practice and figuring out like, "Oh, I was avoiding my greatness the whole time."

Joanna:

Well, that is the essence of shadow work right there. Is finding the super power in the thing that we've been avoiding. And I was going to share earlier, Amy Joe was like, "This is what you're sharing is such news to me." I would've never guessed that you were just like all fun, rahrah based on what I know of you now. So I love hearing that and about that transformation. Simona.

Simona:

This is short. It's similar to something Rona said in the chat earlier in terms of being mindful of our language and like describing ourselves as one of these. It's the same thing as I wanted to just bring to all of our consciousness as we started to say, "People like that." And since I think actually every single one of them in different times, I noticed I was like, "Well, you don't see that person Simona." But when people like that, like the spiritual one and the like, I literally think I'm all of them. So I wanted to bring forward that we started to other ourselves by saying they, and people like that, and people in that architect, and it was so subtle, but I think it's important to notice because when we, and really when Amy Joe just shared, it shifted for me energetically. Everything was like, "When I..." She like "Well, I identified this as me and I noticed this about me." And we get back into us and owning it felt really different to my system. So I thought I would share that experience.

Joanna:

Yes. Thank you. Yeah, and if I got sloppy around my language through the workshop, I apologize for that. But a 100%, like this is not us, this is not an identification, it is a part or an energy that we step into or a mask that we put on. Nahal:

Nahal:

I'm really sitting with the healing arch that we go through as we encounter our own archetypes. Like maybe a month ago I was working with my coach partner, Cindy, hi Cindy. Anyway, so I already thought that I'd done a lot of work on the spiritual one. I like, "I'm not good with spiritual bypassing. I think that it's bad now." But that's still within the healing journey because I'm judging the part of myself that spiritually bypasses. So when we're looking at what's going on in this dynamic and she's like, "Well, look, these are the resistance archetypes. What do you think?" And I was like, "Oh my gosh, it's the spiritual one." And what I noticed about it is, it was a circumstance where I wasn't speaking up to this narcissistic parent that I mentioned earlier. So I was already in my trigger and in that space of the trigger that's when the shadow of the archetype I thought I'd already handled was coming up.

Nahal:

And so it just opened this sense of deep compassion for me, for people who are in these different resistance archetypes like, "I'm not here to judge them." And oh my gosh, I was judging people who were in these places. And now I feel like I want to go back through each one of these and love the judging me, and love the perfect one in me, and love the spiritual one in me, like just go back and just do that inner work right here right now so that I can fully be in the love for the client as they're going through their work.

Joanna:

Yeah. Yes, a 100%. That love, peace, like wait, keep on coming back to, it's just huge. It is not only important for us as practitioners, but it is part of our healing, so much of it. And this isn't singling you out because I can do it sometimes too. And all of us feel like, I heard a little bit in your share about almost like this myth of arrival, like, "Then I'm not going to have to, then I'll never step into the spiritual one ever again or whatever." And I just want to like totally normalize that this is cyclical and that, I mean, like I've shared throughout all of today, I still fall into the victim and I still fall into the right. But it's not about getting rid of it forever, it's just about each time, catching it quicker, bringing more loving compassion to it. Moving through it.

Joanna:

Rona is asking in the chat. Have you found a helpful antidote for the jokester? That's such a good question, Rona. The jokester is one of the hardest for me because it's so anti... Like, I'm so serious and so all of that, but what I will say is just like go with all of everything that we know about creating awareness, right? So you sometimes for the jokester, it's like, "I love how light you are and how you're bringing levity to this." And levity is certainly sometimes needed. And I do wonder, tell me if I'm getting this right. Does some of that levity help you, distract you from something deeper? That might be a little bit scary here right now. So like inherent in that kind of antidote is like things can be heavy and I can be okay, right? That's just one possible in there.

Joanna:

Okay. So couple of last pieces for today. When to address resistance. Well, as it comes up. But also I really like to address a resistance at the beginning of a relationship. So whether it's one on one or group, we did it here together. You probably don't remember. But in our very, very first session, I spoke about ways that resistance might show up in the program and I listed all the different ways, and I asked you where do you think you're most prone to feel resistant in a program like this and I'm right. So just kind of, when you just bring it up to start and in one on one work it can be in a questionnaire, right? How do you tend to show up in resistance? How might you show up in resistance for our work together? You can give examples, et cetera.

Joanna:

So bringing it up in the beginning does a couple of things. Number one, it normalizes it. Which as we've been talking about over and over again, just by normalizing it, then it makes it okay, right? It's not like then, because then if it comes up, it's not like, "Oh, and this is real and I'm not meant to be here. I'm not meant to do this work." It's like, "Oh, that's part of the process." Right? We've already mentioned it is part of the process. You're in the process, right? And the end that be bringing it up preemptively in the beginning, it may, not always because when we're in it, we're in it. But that awareness of it in the beginning, it may serve when someone then moves into the resistance when you're creating awareness, it might just help that go a little bit more quickly because to create awareness has already been created when they're not in the energy of it.

Joanna:

And then as I said earlier, sometimes I will also preemptively address resistance. If we're about to do something edgy or a big stretch, et cetera. The way that looks in group work is if we're about to do an exercise that is going to go really deep or I know can bring a lot of fears up for people. I'll name it beforehand. I'll say, you might want to run out of the room, you might start judging me, you might, all the things, and I give them ways around that.

Joanna:

Okay. Last piece for today, if you want it, I only want it for you if you want it for you. But if you want it for, I want you to be able to use these tools, not just in your client work, but for yourself. And I'll hone in right now, particularly to take the next steps in your business, if you're ready for that. And so my question for you is if you are in that place and you are ready, how can you take the breakthroughs that came forward today into some actions for yourself in your business? How can you take any awareness or breakthroughs that came forward today into action in your business? Even knowing that the action may be uncomfortable, right? Because it can be uncomfortable when we stretch.

Joanna:

All right. You'll have homework in your worksheets, but I just want to name some of it here. And then we'll open up for last takeaways or cues and then we'll wrap. So, in addition to the homework that you're giving yourself right now, one thing I want to invite you to do is pick an archetype that you know is one of your go-to places and do a dialogue with it. So write a letter from the voice of the archetype to you from its highest wisdom and all of this will be in your worksheets. But I want you to ask it things like why are you present in my life? Where did you come from? What can I learn from you? What is it that you really want me to know? So make friends the archetype. We don't want to only make friends with our fears. We want to make friends with these resistance archetypes as well.

Joanna:

If you're working with clients and you can even do this with people that you know. If not clients, make a list of your clients or family and friends, ones that you choose, and then just write out which archetype they usually are prone to fall into. And just any notes you want to jot down for each of them around why you sense they fall into it and notes for moving forward with it based on everything that we looked at today. For your partner coaching session, so it's a little hard to manufacture resistance on the spot. So that being said, I think the best way to go deeper with this in practice is to just start with what came through the call today and then where you feeling resistance in your goals and go from there. All right. Any last thoughts or questions? I'd love to hear a takeaway or two. Also remember takeaways are important, they help us integrate. What are you taking away from our time together today? Who wants to share? What are you taking away? Linda.

Linda:

I think so often through all of these things that we've done is the awareness of the normalization of this is so helpful. And like Simona was saying, "I'm all of these, all these bloody things." You know like, they're in us. And so, okay, let's go with it. Let's see how they are and where they are and how they show up and stop trying to run away from them so much

because the running away just keeps them there even more. So I love the idea of the letter. I mean maybe do several of them and I do a lot of that kind of work anyway, but yeah, that's what strikes me.

Joanna:

Yeah. So, so beautifully said, I love that. And just with that last part with the letter writing, says for everybody, I want to remind you about how change happens. We get the breakthrough, right? And then, when we have the breakthrough, we have this beautiful kind of sacred little container of opportunity to maybe take some new actions that we weren't willing to take before. And then we may fall back into the resistance and then we might need another letter or another visit on it. And then that container, that sacred container opens up to move forward again. And then maybe we can take a few more steps than before and then we fall back in, right?

Joanna:

So, I want everyone, if this resonates for you do the inner work, but take actions. See if you can take actions as well. Kim, I love your takeaway in the chat, yes. Well, everybody thank you so much for your presence and just for all of the care that you bring to all of this, thank you for hanging out with me for four hours. That's part of my day. Nahal, did you want to share something or asking something?

Nahal:

I just kind of have a little question. Sorry to derail your beautiful humor. Well, I was thinking about how shame shows up and it's kind of like the anchor that keeps these archetypes stuck. And I really liked just repress and seeing how normalizing can be an awareness creator that can diffuse the edges of that shame and I'm wondering, is there a module where we go deeper into working with shame specifically?

Joanna:

Yeah. As you were just talking I'm like, "Which is the one?" Because shame relates to so many of these in this section, but I can't remember which one, but we are going to talk about shame a little bit more.

Nahal:

Okay. Cool.

Joanna:

Yeah, sometime in the next month.

Nahal:

Thank you.

Joanna:

And Simona is saying, "I find that as I see except love, heal my archetypes, my self compassion grows." Yes. Sending so much love to all of you. I know I'll see of you for art of client transformation leader this week. Whether I see you or not, can't wait to see you soon. Have a wonderful, wonderful rest of your day. Bye.

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