



Sacred Depths Certification

Common Resistance Archetypes Resource Sheet

“ *The Archetype is an energy that your client takes on in response to their fear around executing or achieving their goals.* ”

Important: Remember to always coach the WHAT based on the WHO. The information provided below are *possible* – but not definite – antidotes and solutions for each Archetype. What's MOST important is for you to be grounded in solid Energetics, for you to understand the human behavior we've learned around Resistance and why it shows up, and for you to use your Core Foundational Skills (Listening, Creating Awareness, Questioning, Visioning and Strategizing) to navigate through.

Also Important: ALWAYS check your filters and be open to deeper discussion with your client because sometimes unchecked filters and privilege can stand in the way of us seeing that a Resistance our client has is coming from a place of wisdom or intuition.

The Victim

When your client has stepped into the Victim Archetype, they feel can't ever move forward because there is something that is out of their control that's sabotaging them, messing them up, or standing in their way.

The Victim feels powerless to the circumstances in their life. There is always an excuse or blaming of other/Universe for not taking responsibility for themselves or their actions.

Antidote

Empower your client to see where she has power and agency.

Examples of Co-creating Solutions with Victim Archetype

- How can you take more ownership of this situation?
- If you were to feel fully empowered here, what would you do differently?
- What else could you do here?
- If you had more power than you think you do, what are some of the choices that you have here?
- If you knew the world was conspiring to support you, what action would you take next?

Personal reflection: Does the Victim ever show up for you? (It's important to answer this question because energy follows energy. If you know that you have a tendency to show up as the victim, you want to check that filter.)

The Judge

The Judge is always overly-judging either themselves, ideas for forward action or other people including you as the coach. There may also be an energy of passive aggressiveness.

Antidote

Support your client to access love, celebration, and acceptance of self. Support client to higher power of Discernment.

Examples of Co-Creating Solutions with Judge Archetype

- What would self-compassion look like here?
- When you're critical of others, what feeling or thought is it distracting you from?
- What parts of the strategy that we've come up with has legs? What resonates for you? Let's sift out the things that do and don't work for you?
- Lead client through a visualization to help them connect to their highest self.

Personal reflection: Do you tend to get excessively critical of others, particularly when you're uncomfortable, being challenged, or in a stressful situation? Remember energy follows energy.

The Confused One/The Flake/The Disconnected One

Their fear of moving forward shows up as being confused, lost, or ignorant of the process. Usually someone who is normally really smart but not getting it or showing up as disorganized.

Antidote

Support client to get comfortable with what is/reality to desensitize the fear and build resilience.

Examples of Co-creating Solutions

- What would be scary about fully comprehending this situation?
- What do you think your disorganization is covering up?
- What do you think your disorganization is distracting you from?
- What are you scared might happen if you were to fully show up here?
- The Stretch/Risk/Die exercise could be a good tool to use here

Personal reflection: Do you ever, unconsciously, move into the confused, flaky or disconnected one?

The Needy One

Normally a very self-sufficient person but when they go into fear or a really uncomfortable situation happen for them, they will feel like they can't do anything on their own and need a lot of support from you.

Antidote

Support them in knowing they are self-sufficient but also that they have your support.

Co-creating solutions

- I trust you to take this step on your own. What would it take for you to trust yourself?
- What does being self-sufficient mean to you?
- What are the ways you are already self-sufficient in this situation?
- What would you need to believe in order to step more fully into your self-sufficiency?
- 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?

Personal reflection: *Do you find yourself needing extra validation when you're feeling stressed or in an uncomfortable situation?*

These are some less common, but still pesky, Resistance Archetypes:

The Know It All/The Teacher

The one who either seems to say that they already "know it" whenever something important comes through in the work together, or the one who, in a group, tries to "Teach" others instead of being there to receive for themselves.

Fear/Belief: I am not cherished enough, smart enough seen or heard enough, given enough credit

Antidote: Words to say to her - I see you and celebrate your 'X' (wisdom, expertise, talent)

The Spiritual One

"This isn't spiritual enough for me", "Looking at the dark side of things or negative side of things is anti-spiritual...not love and light"; "I just like to keep things positive"

Fear/Belief: Something terrible will happen if I look at anything messy, unsavory or negative

Antidote: Help your client to see that all of life is made up of light and dark.

The Jokester

The one who uses jokes as a way to deflect looking at things deeply or to minimize important but potentially painful insights that may emerge.

Fear/Belief: It is scary for things to get too serious. I can't handle anything too deep or heavy

Antidote: Affirm the resiliency in your client.