



Sacred Depths Certification

Navigating Client Resistance Journaling Questions

The most important factor in being able to Navigate Client Resistance is YOUR own inner work. The more that you can be aware of, understand, own and work on your own Resistance Archetypes, the more you will be able to understand your clients' behavior and be able to approach their Resistance Archetypes with love and leadership (instead of, for example, having your own resistance or defenses triggered, playing small, shutting down, etc.).

(And . . . the bonus perk of working with your own Resistance Archetypes is that YOU will be much more willing to stretch into your own goals!).

As a reminder, here are some common behaviors associated with resistance (aka resistance symptoms):

- Not showing up on time
- Cancelling at the last minute
- Not showing up at all
- Having a bad attitude
- Not doing their homework or taking action steps
- Getting mad at you because they're not getting the desired results
- Being stuck in confusion
- Any implication that you as the coach aren't doing enough
- "I don't like this strategy."
- "I can't stop procrastinating."
- "Woe is me!"
- "I knew exactly what to do . . . but somehow messed it up anyway."
- "This is too hard for me; everything is harder for me"

Journal Prompts *(from class)*

- Think about yourself and the examples above, what are the ways that resistance might be manifesting for you right now connected to your current goals?
- How is the resistance impacting you and your goals?
- When was a time when you simply were not ready or weren't willing to move past your own resistance?
- What were the judgments, criticisms, or beliefs that you created about yourself because of your resistance?
- When was a time, either as a coach or outside of coaching (as a friend, partner, parent, etc.) when you tried to push someone past their resistance when they weren't willing or ready? What were the results?
- Thinking about the situation in the question above, at the time were there any beliefs that you created about that person or client because of their resistance? Are there judgments you created towards yourself because you couldn't force them through it?

Journal Prompts *(deeper dive)*

- What types of situations activate your Resistance Archetypes?
- Who in your life “taught” you the actions, habits and feelings of your Resistance Archetype? What impact did that modeling have on you?
- Who in your life gets caught in their own Resistance Archetypes? How does that impact your relationship?
- When someone in your business or life steps into a Resistance Archetype, what reaction do you usually have? (Judgment? Anger? Fear? Confusion? In other words, which one of your Resistance Archetypes gets triggered by other people’s Resistance Archetypes?). How does that impact you?

Further Reflection

Write a letter to yourself from YOUR most persistent or prominent Resistance Archetype:

You can choose from The Victim, The Judge, The Confused One, The Flake, The Disconnected One, or The Needy One – or another Archetype that really resonates with you. In the letter, have your Resistance Archetype share with you how she came into being, what role she plays in your life, and what her deep wisdom is for you . . . and anything else she wants to tell you!

Resistance Symptoms Tracker *track the occurrence of resistance symptoms throughout the week*

Date	
Time	
Resistance Symptom	
Why did it show up?	
Date	
Time	
Resistance Symptom	
Why did it show up?	
Date	
Time	
Resistance Symptom	
Why did it show up?	