



Sacred Depths Certification

Navigating Client Resistance Self-Quiz

1. What is at risk if you are unable to move clients through their resistance?

2. When you skillfully move a client through resistance, you can avoid ...?

3. Which of the following is NOT an example of resistance?

- a. Cancelling at the last minute
- b. Not doing their homework or their action steps
- c. Not showing up on time for sessions
- d. Getting mad at you because they're not getting the desired results
- e. Making excuses like "I just can't get it done", or "everything is overwhelming me", or "this is too hard for me."
- f. None of the above

1) Forward movement and the client's progress can stop or be halted in its tracks. 2) Feeling drained, tired, or frustrated; or questioning your confidence or abilities; or overthinking client situation or worrying about it; or the client ending up frustrated or upset with you, or them losing hope in the coaching process. 3) F. None of the above. All are examples of how resistance can show up.

4. What is typically behind the resistance?

5. T/F: The way resistance gets expressed often points to a being that has been your client's MO for a long time

6. What are examples of common resistance archetypes?

7. You must always _____ before addressing resistance with a client.

4) The resistance is an energy or mask that your client takes on, usually unknowingly, in response to their fear around executing or achieving their goals. 5) True 6) The Victim; The Judge; The Confused One/The Flake/The Disconnected One; The Needy One; The Know It All/The Teacher; The Spiritual One; The Jokerster. 7) Check your filters