



Practicing & integrating the Resistance Archetypes Process

Exercise 1:

In order to integrate more fully the processes we learned around The Resistance Archetypes, for each step, write out what the step is about, what it means to you, why it's an important step in the process, and an example of how you might do it:

- 1. Identify the Archetype:**
- 2. Love the Archetypal Energy, your Client and Yourself:**
- 3. Lovingly Create Awareness (including Acknowledging):**
- 4. Normalize and Validate:**

5. Strategize and Create Next Steps by using the Archetype's Antidote:

Exercise 2:

As we learned in class, there are many different types of Resistance Archetypes an individual can step into.

I shared some of the most common Archetypes – The Victim, The Judge, The Disconnected One (The Confused One, The Flake, The Procrastinator, The Disinterested One), and The Needy One.

You can apply the Resistance Archetype Process to ANY Resistance Archetype you identify – for yourself or for a client. I invite you to practice applying what you've learned to some other Archetypes. For each Archetype listed, use your Creating Awareness, Questioning, and Strategizing Skills to fill in the blank with some ideas for each step:

The Spiritual One

The Archetypal energy of the Spiritual One can express itself as deciding certain goals or action steps aren't spiritual enough, aren't in-integrity enough, or aren't serving a higher purpose. It can also express itself as a refusal to look at or explore anything that isn't positive or "spiritual enough"

- **Identify the Archetypal Energy of the Spiritual One:**
 - "This (marketing, raising rates, dating apps, etc) isn't spiritual enough for me"
 - "I can't explore that fear - Looking at the negative side of things is anti-spiritual....I like to stick with love and light"
 - "I don't want to think about my anger – I just like to keep things positive"
 - Insert another example: _____
- **LOVE on the Spiritual One**
- **Lovingly Create Awareness**
 - **Acknowledge the concerns of The Spiritual One:**

I. **Example 1:** “It makes perfect sense that you feel it’s out of integrity or not spiritual enough to raise rates. I’ve been there before”

II. **Example 2:** _____

III. **Example 3:** _____

- **Create Awareness:**

IV. **Example 1:** “I notice that any time we strategize something that feels a little stretchy to you, you momentarily get excited about it...and then it all of the sudden feels not “right” - do you notice that too?”

V. **Example 2:** _____

VI. **Example 3:** _____

- **Normalize and Validate:**

- _____

- _____

- **Strategize and Create Next Steps by using the Archetype’s Antidote:**

- **Often times, The Spiritual One’s Antidote is:** All of life is made up of light and dark, and it is important to experience both

- **Questions you can ask to help client activate the antidote and next steps:**

- I. What would your Spiritual Self need to believe in order to X? (X = the goal; raising rates, doing marketing outreach, going on a dating app, looking at anger, etc.)

II. What would it look to be totally aligned AND do X?

III. _____

IV. _____

V. _____