



# *Sacred Depths* Certification

## **Resistance Archetypes Homework**

1. Make a list of clients or people you know: What Archetype do you sense they tend to fall into when they are triggered or scared? (Can be an Archetypes we covered in class or another one that you name)
2. Think about particular clients that are currently experiencing Resistance or commonly experience Resistance: What are ways, based on everything we learned, that you can start to create awareness for them about their Resistance Archetype?
3. Continue to track your own resistance. Name it as it comes up – create awareness for yourself. Love on it. Remember that it is only a PART of you or an energy you've tripped into, not ALL of you.
4. Write another love letter or two to your Resistance, and notice how that impacts the resistance.
5. Some journaling questions:
  - Which resistance archetypes are your most go-to archetypes?
  - What does the resistance archetype “say” to you that makes it so convincing or compelling? (See if you can identify the way the archetype talks to you)
  - Which of your resistance archetypes get triggered by other people's resistance archetypes (The Resistance Archetype Shadow Dance). How does that show up for you?
  - What are you learning and seeing from this week's curriculum? What is feeling important?