

Noticing Resistance

Resistance is when obstacles come up for the client, and you, as the practitioner feel like you don't have the green light to continue working on the obstacle



Inside Scoop

- Can sound really reasonable
- Typically, the client is not even aware they are doing it

Ways Resistance Can Manifest

- Not showing up on time
- Canceling at the last minute
- Not showing up at all
- Having a bad attitude
- Not doing their homework
- Not taking action steps
- Getting mad at YOU because they are not getting the desired result
- Being stuck in confusion
- Making excuses
 - "I don't like this strategy"
 - "I can't stop procrastinating"
 - "Woe is me!"
 - "Everything is too hard for me"



The way resistance gets expressed often points to a way of being that has been your client's M.O. for a long time

Digging Deeper

What is typically behind resistance?

Resistance is an energy or mask that your client takes on, usually unknowingly, in response to their fear around executing or achieving their goals. The resistance is like a protective layer around the fear.

What's at risk if you don't manage resistance?

- Progress can be halted in its tracks
- Client can feel frustrated
- Client can lose hope



Inside Scoop

When someone is in the process of growth, fear and resistance often show up

What is an Archetype?

An archetype is an energy, a mask the client might wear, a way of acting reflexively to fear.

Archein

(to begin, first form)

+

Typos

(type, model)

4-Part Formula to Navigate Resistance

(overview)

1. Lovingly create awareness about the resistance
2. Normalize
3. Explore the fear underneath the resistance
4. Co-create a solution for moving forward



ENERGETICS

Before working with resistance, the energetics need to be in place

Energetics



- Work WITH the resistance
- Check your filters
- Be aware of your own shadows
- DO NOT push through

4-Part Formula to Navigate Resistance

(details)



Steps 1 & 2

- With steps 1 & 2, the resistance typically loosens up and we can ask for the greenlight to go deeper



Step 3

- With permission, explore the fear underneath
- One technique for exploring is to dialogue with the archetypal energy



Step 4

Co-create solutions to move forward



Going Deeper with **Archetypes**

The Victim

Victim Archetype + example of how to work with resistance

The Victim

The Victim feels powerless to the circumstances in their life

The Antidote*

You are an empowered being and you have ownership in your life

Working with the formula

- Energetics: love your client AND your client's victim
- Lovingly create awareness
(i.e. it sounds like you are saying you'll never be able to get it b/c you don't have enough time, am I getting that right?)
- Explore

**Always coach the WHAT based on the WHO*

Additional Archetypes

- The Judge
- The Confused One / The Flake / The Disconnected One
- The Needy One
- The Know It All / The Teacher
- The Spiritual One
- The Jokester

When Should We Address Resistance?



In the beginning of
the relationship

When it
comes up

If you are about to
do something edgy