

Relaxing Resistance

Recognizing Conscious and Unconscious Forms of Resistance

*** THINGS WE RESIST *** (please also note the HANDOUT in the forum)

Love/Intimacy

RECEIVING - worthiness/abundance/support

Time

Future (worry = future that hasn't happened)

Path (regret = past we cannot change)

Ourselves - Strengths/Power/Courage - minimizing self

Responsibility

Being Seen

Uncertainty

FEELINGS

Others -- (judgment)

Attachment (resisting alternatives)

Discipline

To Do's

What Is/Reality

Truth

Action -(procrastination)

7 Keys to Relaxing Resistance

1. Awareness - just being aware of resistance is often enough to relax it.
2. Willingness and CHOICE - "Act as if" (feel the fear and do it anyway) - Choose to "be seen", Choose to take responsibility, Choose to shift your focus from the past/future, Choose to focus on ONE thing at a time, Choose to be OK with uncertainty, Choose to remove yourself from the situation, Choose to make a request
3. Feel the Feelings - (great for relaxing reactive emotions like angry, sad, overwhelm, etc.)
4. Love Yourself - step into compassion and love yourself in judgment, worry, fear, sadness, anger or attachment. What we resist persists. LOVE melts resistance.
5. Practices - great for strengthening weak emotional muscles like worthiness, discipline -- and great for counterbalancing a dis-empowering tendency to minimize self

6. The Work of Byron Katie - Is it true? www.lovingwhatis.com This is the BEST way to relax resistance when it involves another person. This process helps you find those aspects of yourself that you're unconsciously resisting. Visit the website above or listen to Mary interviewing Katie on Conversations with the Masters www.lifecoachmary.com/conversations.htm

7. Inner Peace Reality Check Process (great when the above practices aren't as effective or there is an "emotional traffic jam." Apply when you're swimming in "uncertainty", resisting yours strengths, or resisting time.

6 Questions of the Inner Peace Reality Check

1. What's the reality of the situation?
2. What am I resisting?
3. What will it cost me if I keep resisting?
4. What can I appreciate about the situation?
5. What are my options?
6. What will I consciously choose?

HOMEPLAY

1. Identify 2 ways you've been resisting.
2. Select one or more of the above keys to "relax the resistance."