

Forms of Resistance

Judgment	(resisting what is or other people)
Fear	(resisting future)
Perfectionist	(resisting disorder)
Controlling	(resisting uncertainty)
Scarcity	(resisting worthiness)
Minimizing Self	(resisting strengths)
Procrastination	(resisting action)
Regret	(resisting past)
Impatience	(resisting time)
Overwhelm	(resisting your to-do list)
Expectations	(resisting alternatives)
Annoyance	(resisting what is)
Depression	(resisting feeling)
Emotionally Numb	(resist feeling)
Reactive Emotions	(resist feeling – resisting what is)
Emotionally Closed	(resisting love)
Attachment	(resisting the potential of loss)
Self-Doubt	(resisting your ability to handle something in the future)
Addiction	(resisting conscious choice or self-control)
Pre-Occupation	(resisting the Now/silence)
People pleaser	(resist disappointing others)
Workaholic	(resisting boredom or wasting time)
Aloneness	(resisting solitude)
Codependence	(resisting solitude)
Victim/Neediness	(resisting own power)
Blame	(resisting responsibility)
Activism	(resisting imbalance in the world)
Arrogance	(resisting humility or other's opinions)
Frigid	(resisting sexuality or intimacy)
Insomnia	(resisting letting go of control)
Worry	(resisting future that hasn't happened)
Anger	(resisting what is)
Sadness	(resisting loss)
Martyr	(resisting receiving or feeling powerless)
Selfishness	(resisting others)
Denial	(resisting reality)
Writer's Block	(resisting creativity)
Shy	(resisting being seen)

What am I resisting?