



Sacred Depths

COACH CERTIFICATION

Navigating Client Resistance Worksheet

The most important factor in being able to Navigate Client Resistance is YOUR own inner work. The more that you can be aware of, understand, own and work on your own Resistance Archetypes then the more you will be able to understand your clients' behavior and be able to approach their Resistance Archetypes with love and leadership.

(And...the bonus perk of working with your own Resistance Archetypes is that you will be MUCH more willing to stretch into your own goals!).

We began to open your awareness and step into inner reflection and work on our training call. Here are the next steps:

- 1) Write a letter to yourself from your most persistent or prominent Resistance Archetype. You can choose from The Victim, The Judge, The Confused One, The Flake, The Disconnected One, The Needy One, The Know it All...or another Archetype that really resonates with you. In the letter, have your Resistance Archetype share with you how she came into being, what role she plays in your life, and what her deep wisdom for you is...and anything else she wants to tell you!
- 2) Track your Resistance Symptoms throughout the week. Keep record of them as follows:

Date: Time:

The Resistance Symptom that Showed Up:

WHY it showed up (i.e. what is the FEAR?):

As a reminder, Resistance Symptoms are the **EXPRESSION** that your Resistance Archetype takes...the actions they make. Some examples are:

- Not showing up on time
- Cancelling at the last minute
- Not showing up at all
- Having a bad attitude
- Not doing your homework or taking action steps
- Getting mad at others because you're not getting the results they want
- Being stuck in confusion
- Feeling overwhelmed
- "I don't know why I don't just do it."
- "I can't stop procrastinating."
- "Woe is me!"
- "I knew exactly what to do...but somehow messed it up anyway."
- "This is too hard for me; everything is harder for me"

3) Extra Credit Journaling Homework:

- What types of specific situations activate your Resistance Archetypes?
- Who in your life "taught" you the actions, habits and feelings of your Resistance Archetype? What impact did that modeling have on you?
- Who in your life gets caught in their own Resistance Archetypes? How does that impact your relationship?
- When someone in your business or life steps into a Resistance Archetype, what reaction do you usually have? (Judgment? Anger? Fear? Confusion?). How has that impacted you?