



## Resistance Styles and Sub-Symptoms

- Remember that **resistance is unavoidable**
- It's part of **the human condition**
- It comes from **our lizard brain (oldest part of our brain), which is always looking for danger**
- **Creativity is an uncertain activity.** We do not know the outcome (that's what creativity is all about) so the brain scans for danger and miscalculates that creativity and writing must be dangerous since it's an "uncertain" journey
- The **unknown is where your greatest success is found**
- **Resistance is a thinking error that is unavoidable**, yet it is possible to bypass it as long as we do not resist it. The ultimate paradox
- **Writers go through three phases of fear: Fight, Flight and Freeze** and these come to play in various forms. Here are the top 13 resistance styles

\*See the next page to try and identify your resistance style or styles.



### 13 Resistance Syles

1. You're too Busy ("I have no time")
2. You procrastinate ("I'll do it later")
3. You're scared into inaction ("omygawd, what if?") catastrophizing
4. You defer decisions ("You do it, you decide for me")
5. You lose interest ("This is boring, I guess it's not my thing.")
6. You're forgetful ("Oh, I meant to, but I totally forgot.")
  
7. You're disorganized ("where did I put that? I have my writing everywhere and I don't have it in one place.")
8. You fog up, space out ("What am I writing?")
9. You feel Paralyzed ("I just can't think or get going.")
10. You find reasons not to act ("I can't because...")
11. You keep running into Naysayers (other people say: "You can't do that, "That's not possible", "No one wants to read your stuff")
12. You're impatient. ("This is taking too long.")
13. You compare yourself to others, ("I'm not as good as...")

### Sub-Symptoms of Resistance

- Patterns of limiting beliefs and limiting behavior
- Stagnation in life / unhealthy lifestyle / no movement
- Loss of enthusiasm / depression / shame/ guilt
- Hyper sensitive/ anxiety / catastrophic thinking
- Tired / lonely /fatigued
- Addiction / drugs / alcohol/ food / Netflix



- Rationalization / Justification/ Perfectionism
- Victim Stance / blaming external events or people
- Perceived Overwhelm/ Problems with Boundaries / No self-care
- Black and White thinking / Either-Or Thinking versus Both-And Thinking
- No tolerance for adversity / cutting yourself off from others

**List your top three resistance styles and sub-symptoms related to the styles:**

**1.**

**2.**

**3.**