

What's my resistance?

Sometimes we feel stuck and don't seem to be able to identify why we're resistant to make a change or why we feel so uncomfortable about taking action. We put off phoning someone, we cancel a meeting, we don't finish a report. There's often no obvious reason why, we just seem to have lost the oomph to make it happen.

This worksheet is designed to help at times like these, it will help you to tackle your resistance by identifying its cause. This isn't a quick process but it will give you insights into what's getting in the way. Again, personal honesty will bring you best results.

Briefly note down your area of resistance. Be very specific.

Now work through the questions on the worksheet.

Write down your response and give yourself an overall rating from 1 to 5, where 1 indicates very low effectiveness and 5 indicates very high effectiveness.

The high numbers will reveal what you are doing well, in your perception, the low numbers will direct you towards your top priorities for what to do about it, to make it happen, to get it to take shape, to move the situation on.

Your ability to respond to each question will give you some indication of where you are stuck and how to rate yourself.

| | Ask yourself | Rating |
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| 1. Knowing me | <p>In this situation:</p> <p>What do I actually feel?</p> <p>How am I presenting? / What behaviours am I demonstrating?</p> <p>Are there any patterns emerging – avoidance, delaying tactics, irritability, defensiveness?</p> <p>What are the feelings behind these behaviours?</p> <p>What’s my hunch about what to do?</p> | |
| 2. Knowing you | <p>In this situation:</p> <p>Who else is involved?</p> <p>What are my perceptions of their feelings?</p> <p>How does it feel from their perspective?</p> | |
| 3. My Self Esteem | <p>In this situation:</p> <p>How highly do I value myself?</p> <p>To what extent do I accept myself here?</p> | |

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| <p>4. Your Self Esteem</p> | <p>In this situation: To what extent do I value the other people involved? To what extent do I accept the others as individuals as distinct from liking or approving of what they do?</p> | |
| <p>5. Relating</p> | <p>In this situation: What are my rights and responsibilities? What are their rights and responsibilities? To what extent is my past experience with this person(s) clouding my judgement?</p> | |
| <p>6. Bouncing back</p> | <p>In this situation: How resilient am I? (High resilience means the situation isn't bothering you.) How able am I to pick myself up and move on?</p> | |
| <p>7. Passion</p> | <p>In this situation: To what extent do I feel in charge / in control? What opportunities does it present? What positives could come out of it?</p> | |

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| <p>8. Setting goals</p> | <p>In this situation: How clear am I of the outcomes I want? And how to achieve them?</p> | |
| <p>9. Being flexible</p> | <p>In this situation: How receptive am I to different approaches or other ways of tackling this?</p> | |
| <p>10. Being open</p> | <p>In this situation: How open am I to others about the difficulties I face here? How willing am I to seek assistance or support?</p> | |
| <p>11. Being trusted</p> | <p>In this situation: How reliable am I in bringing about some change or committing to something new? What is the likelihood that I'll deliver?</p> | |

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| <p>12. Trusting others</p> | <p>In this situation: How much do I trust others? How much do I trust myself?</p> | |
| <p>13. Can do</p> | <p>In this situation: What's the best outcome? What's the worst outcome? What outcome is realistic?</p> | |
| <p>14. Expressing your emotions</p> | <p>In this situation: To what extent do I accept what I'm feeling? To what extent can I let go of what I'm feeling? Am I free to express my feelings in a controlled and appropriate way?</p> | |

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| <p>15. Handling conflict</p> | <p>In this situation: How well do I know my wants and needs? How well do I know their wants and needs? In what ways could we problem solve?</p> | |
| <p>16. Give and take</p> | <p>In this situation: How am I taking into account all the people involved, getting support and giving support?</p> | |
| <p>17. Motivating</p> | <p>In this situation: How can I find inspiration – for me and for them ? What can I do to kick start myself? What’s worked before?</p> | |

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| <p>18. Forgiving</p> | <p>In this situation: Would an apology help? How can this be communicated? What are my intentions? What are their intentions? How similar are they? How positive do I feel towards the others ?</p> | |
| <p>19. Intuition</p> | <p>In this situation: How well do I know the atmosphere or feelings generally about this? What's my gut reaction?</p> | |
| <p>20. Reflecting</p> | <p>In this situation: To what extent have I stepped back and consolidated? What would be helpful to reconsider or review?</p> | |