



DESOLVING RESISTANCE

Please allow thirty minutes of privacy for this exercise. During this exercise you will be required to step out of your comfort zone. Go ahead try it. I promise you will feel good about it, as long as you complete the exercise. Resistance to doing this exercise is self-defeating. Choose a better you. Keep Learning.



- First write down something that you love to do.

- Write down how you feel while involved in this activity.

- Now close your eyes and dwell on these good feelings for a least 30 seconds.
- Second write down one situation and associated feelings in which you feel uncomfortable. (A person, conversation, thought, situation, place, activity, memory, fear, anger, sorrow)

- Write down how you feel with this situation, person, or emotion.

- Why do you think you feel this way?

- What are the consequences of being uncomfortable with this situation, person, or feeling?

- How would your life be better if you were comfortable with this situation, person, or feeling?
