

FLIP THE RESISTANCE

CHEAT SHEET

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Use this simple process whenever you notice the Inner Critic, Ego-Mechanism is trying to shut you down.

What I am thinking about the situation (what is the voice in my head - the Ego-Mechanism - saying to me)?



1 NOTICE WHAT IS GOING ON

What emotions am I feeling (mad, sad, glad, frightened, etc):



What's going on in my body? (am I holding my breath, tension in my jaw, headache, stomachache?)



HAS SOMETHING CHANGED?

Have you recently made an important decision or new choice, been inspired to change your perspective or behave in new ways? Write that down.

2

Could your thoughts, emotions/moods, or physical sensations be a reaction to the discomfort that arises when you begin to change? What memories surface?

What could help you feel safe?

Breathing practice •
Water • Walk outdoors in nature • More sleep •
Socializing with trustworthy friends

Say out loud to that Ego-Mechanism, the Voice In Your Head: I am safe. It can be safe to change. Help me change in ways that are safe, right and good for me. Thank you.

Or ask: What do I need to be or do to safely change in the ways that my heart desires?

3

BE STRATEGIC

In order to Flip the Resistance, you must keep the agenda of the Ego-Mechanism in mind. The Ego-Mechanism just wants you SAFE, (which it interprets as KEEP YOU THE SAME) but you go straight for "safe" and you're speaking the Ego-Critic's language!

4

FLIP THE RESISTANCE

REDIRECT THE EGO-MECHANISM, PUT IT TO WORK FOR YOU!

5

One cool thing about the Ego-Mechanism; yes, it is a barking dog but if you throw it a bone, in the form of a juicy question, it won't stop until it can bring you back the answer. If you asked the question in #3, write your answer here and take action when you can.

FINALLY....

6

Make sure you take actions that are in alignment with your own personal safety and security; financial, relational, health, and well-being.