**Rolling with Resistance**

We all have things we don’t want to do. Some times we don’t do those things, sometimes we end up doing them even though we don’t want to. Answer the questions below in order to really hear the part of you that is resistant to whatever you do not want to do. Write your answer in the right hand column

1. What class are you struggling in? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Is there a part of you the really just doesn’t want to do the work, plain and simple?

YES \_\_\_\_\_ NO\_\_\_\_\_\_ (go to #3)

2a) If you could give that part of you

a voice, what would they say? Write down exactly what they think of this class, how they feel about the work, etc. As in: “This class sucks. I hate English/math/ASL…etc

3) Is there a part of you that, despite the part of you that REALLY REALLY does not wanting to do diddly, that really would like to do well? YES\_\_\_\_\_\_ NO\_\_\_\_\_\_\_

1. If that part of you had a voice, what would they say?

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