**Resistance Worksheet: Preparing for Your Media Fast**

This is a worksheet that will help you prepare for your Media Fast

This exercise intends to show you a set of questions you can answer if you are having resistance to media fasting.

We all have resistance to recovery. It takes time to reach a bottom where we are willing to do anything to stop the insanity of media addiction. What if you could speed up this process? That is what the Resistance Worksheet helps us to do. To see the reasons why we don't want to give up our alcoholic media. What's in our way? Why do we say we want to stop, but we can't seem to?

Please read the instructions, then fill out the worksheet and read it to your sponsor

(This worksheet can be used for any goal you have resistance towards achieving)

**Instructions:**

1. Read through the whole worksheet before answering the questions. If, after reading the worksheet, you feel you understand how to proceed, you don't need to use these instructions. If, however, the worksheet is difficult to understand, use these instructions to help you fill it out.
2. Trust yourself to get through it, even if you don't completely understand it right away.
3. Write your goal and date first.
4. Answer #1 with all your heart. See the vision of you reaching the goal, and see why you want to reach it.
5. With #2, take a moment to go into the place where you have fear and resistance around this goal. Be honest with yourself. Why don't you want to do this goal? If you wanted to achieve this goal, you would have already achieved it. Something in you really doesn't want it. Take some time to see why you don't. Let that part of you do the talking.
6. Now that you have a better understanding of what your resistance is, refine that in one short, simple sentence; the simpler the better. Write that into #3. Example: "If I don't use media, I will not be able to handle my feelings."
7. Questions 4-6 are like a meditation. Get quiet. We are going inside ourselves and really listening. We go in without any motives other than to find the truth.
8. When you write the sentence for #7, try to keep the turnaround as close to the original resistance statement as possible. Look for the opposite of the resistance words. (Example: I *will not*, changes to *I will.* *Lose* changes to *gain*. *Lost* changes to *found*. *Can't* change to *can*, and so forth. The sentence above could be revised two ways: If I don't use media, I **will** be able to handle my feelings, or If I **do** use media, I will not be able to handle my feelings.)
9. When you give examples to the new statement, really look for them. This may be a place where your sponsor or action partner can help you see something you don't. We really want to look closely so that we can see if our resistance is true. We are looking for truth and freedom to move beyond our fears.

Example:

RESISTANCE: "If I don't use media, I will not be able to handle my feelings."

TURN AROUND "If I don't use media, I will be able to handle my feelings."

* + - 1. When I have felt uncomfortable before and didn't turn to media, I did handle it, I did get through it.
      2. Using media is not helping me handle my feelings at all; they still come up, so it is a lie that the media is handling them.
      3. Sometimes using media makes me have more feelings of anger, self-doubt, or fear.
      4. By not using media, I reach out to other people more, and that has helped me get through feelings.

1. 9-10 are about being realistic with ourselves. Everything has a price. If we want to change, it will come with a price. So here is where we decide on what we will pay to achieve this goal. At the same time, our goal will also bring benefits, and we want to at once let ourselves really have those benefits. We look at what we will now allow into our lives, and the benefits we will get when we work towards this goal.
2. Here we are pointing out what has been standing in our way. What have been the liabilities that have kept us away from achieving this goal? It could be self-pity, fear, defiance, defensiveness, mistrust, etc. Be honest with the things that you have put in your way as obstacles to achieving your goal. Let them see the light of day.
3. We all have liabilities, but we all have assets too. You may have noticed in this worksheet that we are looking at opposites. So now let’s look at the opposite of each of your liabilities and find an asset that you can incorporate and work towards. For instance, if I put *self-pity,* I could work towards *self-compassion*, *fear*, work towards *faith*, *defensiveness*, work towards *openness*, and so forth. If you need help with these, ask your sponsor to help you*.*
4. By the time you are finished with this worksheet, it will be easier to see what you are up against, and what assets you need to incorporate to achieve this goal, and hopefully, your resistance to taking this fast (or whatever goal you listed) will have become much less.
5. Trust yourself and your answers. This is a personal exercise and your inner wisdom will help you see the truth.

**\*\*\*\*\*\*\***

**Resistance Worksheet\***

Goal: (One-month media fast or any other goal)

Start Date:

End Date:

1. Why do I want this goal? (Why am I making this goal? What will I gain? How do I expect to benefit from achieving this goal?)
2. Why don't I want this goal? (If you think you have no resistance, look deeper.) (How will I benefit from hanging on to my current media use? What do I think I will lose if I go on a media fast?)
3. Write one short sentence: What is my resistance? What is it I am afraid of, or what is it that keeps me from enthusiastically committing to my month of media fasting? (Example: I will NOT be able to handle my feelings if I don't use my media.)

4. \*Can you absolutely know that your statement in #3 is true? (This is a yes or no question only) (Can you absolutely know that your answer to question #3 will come to pass? Can you say with 100% certainty that your fears will come true?)

5. What are your reactions when you believe this thought in #3? (What feelings come to mind and what reactions do you experience when you believe that your answer to question #3 is true?)

6. Who would you be and how would you live without this thought? (How would you describe yourself and your life if you did not have these reactions in #5? If you did not have these thoughts?)

7. Turn this thought around to the exact opposite. (Example: I WILL be able to handle my feelings if I don't use them.) (Turn around the answer to question #3 and make a sentence of the exact opposite.)

8. Give 3 examples where this opposite statement in #7 is just as true as your original statement in #3.

1.

2.

3.

9. What are you willing to give up to reach this goal of a one-month media fast? (What are you willing to give up, to put down, or to sacrifice to be successful with your media fast?)

10. What are you willing to receive to obtain this goal? (What are you willing to receive, to accept or to experience to be successful with your media fast?)

11. What are your liabilities that you need to address? (What are your character defects or weaknesses that would hinder you from reaching your goal of completing a media fast?)

12. What are the assets you will activate to accomplish your goal? (What strengths and character traits can you draw from to help you reach your goal of completing a media fast?)

\*These questions and turnarounds were inspired by the work of Byron Katie, Stoic philosophers, as well as other authors.