**Resistance Worksheet for Media Fast**

(best done with a sponsor)

Goal: 1 Week Media Fast

Start Date:

End Date:

1. Why do I want this goal?
2. Why don't I want this goal?
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 week of media fasting. (Example: I will NOT be able to handle my feeling if I don't use my media.)

4. Can you absolutely know that your statement above is true? (This is a yes or no question only)

5. What are your reactions when you believe this thought?

6. Who would you be and how would you live without this thought?

7. Turn this thought around to the exact opposite. (Example: I WILL be able to handle my feeling if I don't use.)

8. Give 3 examples where this is just as true as your original statement.

1.

2.

3.

9. What are you willing to give up to reach this goal?

10. What are you willing to receive to obtain this goal?

11. What are your liabilities that you need to address?

12. What are the assets you will activate to accomplish your goal?